



3-4



DEFENSE



PRESENTED BY

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**MARCH 2005**



# DEFENSIVE OBJECTIVES

**#1 - PREVENT POINTS ! ! !**

**#2 - SCORE**

**#3 - FORCE TURNOVERS**

**#4 - FORCE BALL BACK TO OFFENSE IN GREAT FIELD POSITION**

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## **HOW TO GET IT DONE:**

**PLAY YOUR BEST PLAYERS!**

**SIMPLE (YET MULTIPLE) SCHEME -- MAJORITY OF LEARNING IN HANDS OF FEW**

**CREATE CONFUSION THRU MOVEMENT / DISGUISE**

**USE GREAT FUNDAMENTALS / TECHNIQUE**

**PRESSURE THE OFFENSE (CALCULATED, NOT RECKLESS) -- MAKE THEM REACT TO US!**

**CREATE MISMATCHES - EXPLOIT THEIR WEAKER PLAYERS / PROTECT YOURS  
DEFEND FORMATIONS -- STOP WHAT THEY DO BEST!**

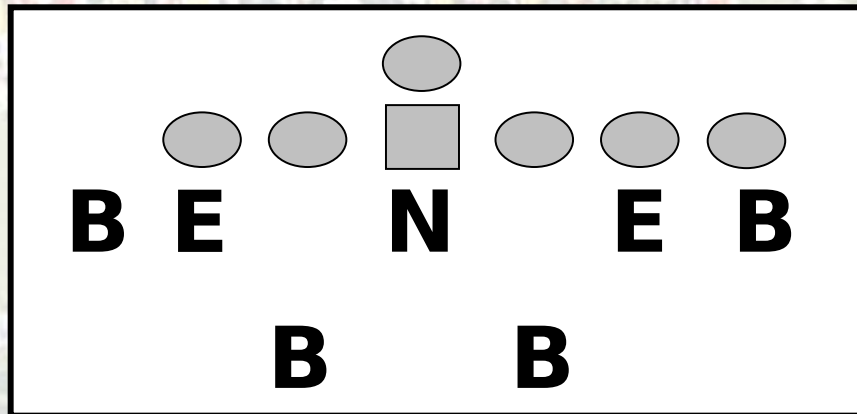
**DEFEND BEST PLAYERS - SCHEME TO MINIMIZE EFFECT OF BEST WEAPONS!**



# WHY THE 3-4?

**'3-4'**  
as a  
**PERSONNEL**  
**GROUP**

*NEARLY 100%  
on BASE DOWNS  
vs. BASE OFF. PERSONNEL*



**'3-4'**  
as an  
**ALIGNMENT**  
**(ODD FRONT)**

*APPOX. 10-15%  
on BASE DOWNS  
vs. BASE OFF. PERSONNEL*

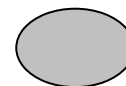
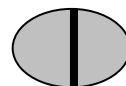
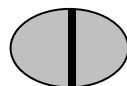
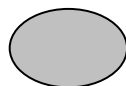
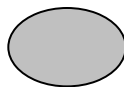
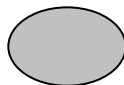
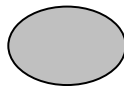
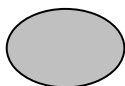
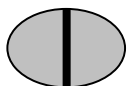
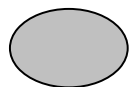
- ✓ **Opportunity to put your best players on the field (DL vs. LB)**
- ✓ **Flexibility / Disguise - slant to / stem to other fronts**
- ✓ **Dominant Nose can control a game - increased pressure on Center**
- ✓ **OL must face DL that will 2 gap, Shade, or Slant**
- ✓ **Unfamiliarity with the scheme can lead to offensive confusion**
- ✓ **Increase offensive preparation time**
- ✓ **Create pass rush mismatches (OLB's on Backs, Guards, or**

# BASE ALIGNMENT

ODD

BASE COVERAGES:

2,3,4,6



**W**

**E**

**N**

**E**

**S**

WILL

END

NOSE

END

SAM

**C**

**M**

**T**

**C**

CORNER

MIKE

TED

CORNER

**WS**

**SS**

WEAK SAFETY

STRONG SAFETY

# FRONT: ODD

## ALIGNMENT

LE - 4 TECH

N - 0 TECH

RE - 4 TECH

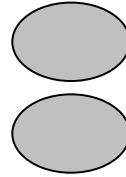


## BASE TECHNIQUE: 2 GAP (align slightly off the ball)

- ✓ ***Beat the offensive lineman to the punch!***
- ✓ Explode with hands and elbows underneath you (thumbs up)
  - Try to get “knock em back”
  - Don’t cross your feet – step, shuffle, shuffle
  - Be in a position to play both gaps
- ✓ Fight the double team front-side
  - Attack the post man (the man in front of you)
  - Press your hips into the drive man -- Do not let go of the post man!!!
  - Anchor, separate off the block
- ✓ Recognize Back-Back, Wham (Nose)
- ✓ Recognize Blocking patterns – TAG, FAN (Ends)
- ✓ “Elephants on parade” = boot / reverse
- ✓ Do not allow jump thru (scoop block)

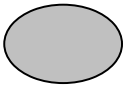
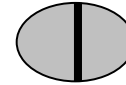
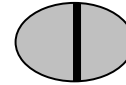
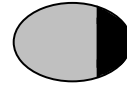
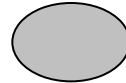
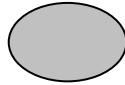
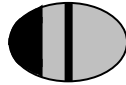
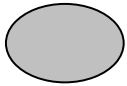
# ***MULTIPLE FRONTS***

**DD to OVER ED**



**BASE COVERAGES:**

**2,4,6**



**W**

**E**

**N**

**E**

**S**

**C**

**M**

**T**

**C**

**WS**

**SS**

# FRONT: OVER ED

## ALIGNMENT

CLOSED END - 3 TECH

N - SHADE (OPEN)

OPEN END - 'ED' (5 TECH)



## BASE TECHNIQUE: SHADE

- ✓ ***You can not get reached!***
- ✓ Do not allow jump thru (scoop block)
  - If the blocker gets off on LB - you have to make play using "BIG BALL" technique

- ✓ Play the double team the same as the Reach block
- ✓ All other blocking patterns are REACTIONARY BLOCKS

TAG block = OT down, OG pull out, Down block, "Elephants on Parade,"

## BASE TECHNIQUE: ED

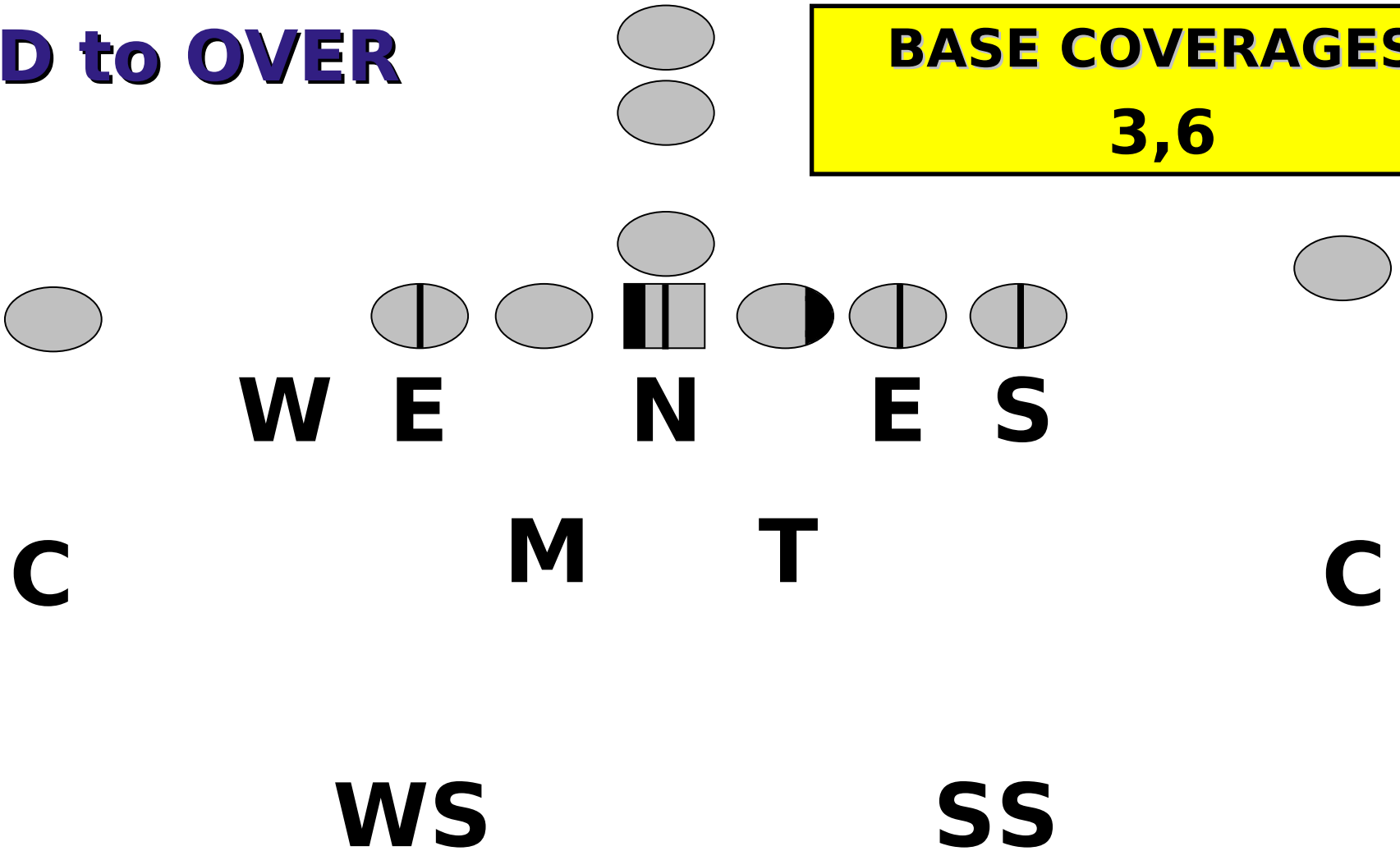
- ✓ You are a C gap defender
- ✓ Vs. Turnout - Squeeze blocker to reduce B gap
- ✓ Vs. Down Block = SPILL (don't trade 1 for 1) - pry upfield through puller - force bounceout
- ✓ Vs. Bim (Draw set) = Bim the Bimmer
- ✓ Vs. Flow Away = Windback run, QB, Reverse
- ✓ Vs. Pull or "Elephants on Parade" - Get Upfield for Boot / Reverse

# ***MULTIPLE FRONTS***

**DD to OVER**

**BASE COVERAGES:**

**3,6**



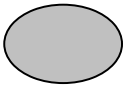
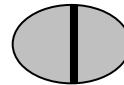
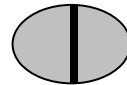
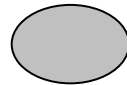
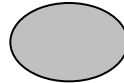
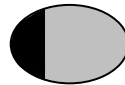
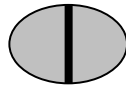
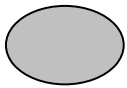


# ***MULTIPLE FRONTS***

**ADD to UNDER**

**BASE COVERAGES:**

**6,3**



**W E**

**N**

**E S**

**C**

**M**

**T**

**C**

**WS**

**SS**

# FRONT: UNDER

## ALIGNMENT

CLOSED END - 4 TECH

N - SHADE (CLOSED)

OPEN END - 3 TECH



**BASE TECHNIQUE FOR NOSE & OPEN END: SHADE**

✓ *SAME FUNDAMENTALS AS OVER  
ED*

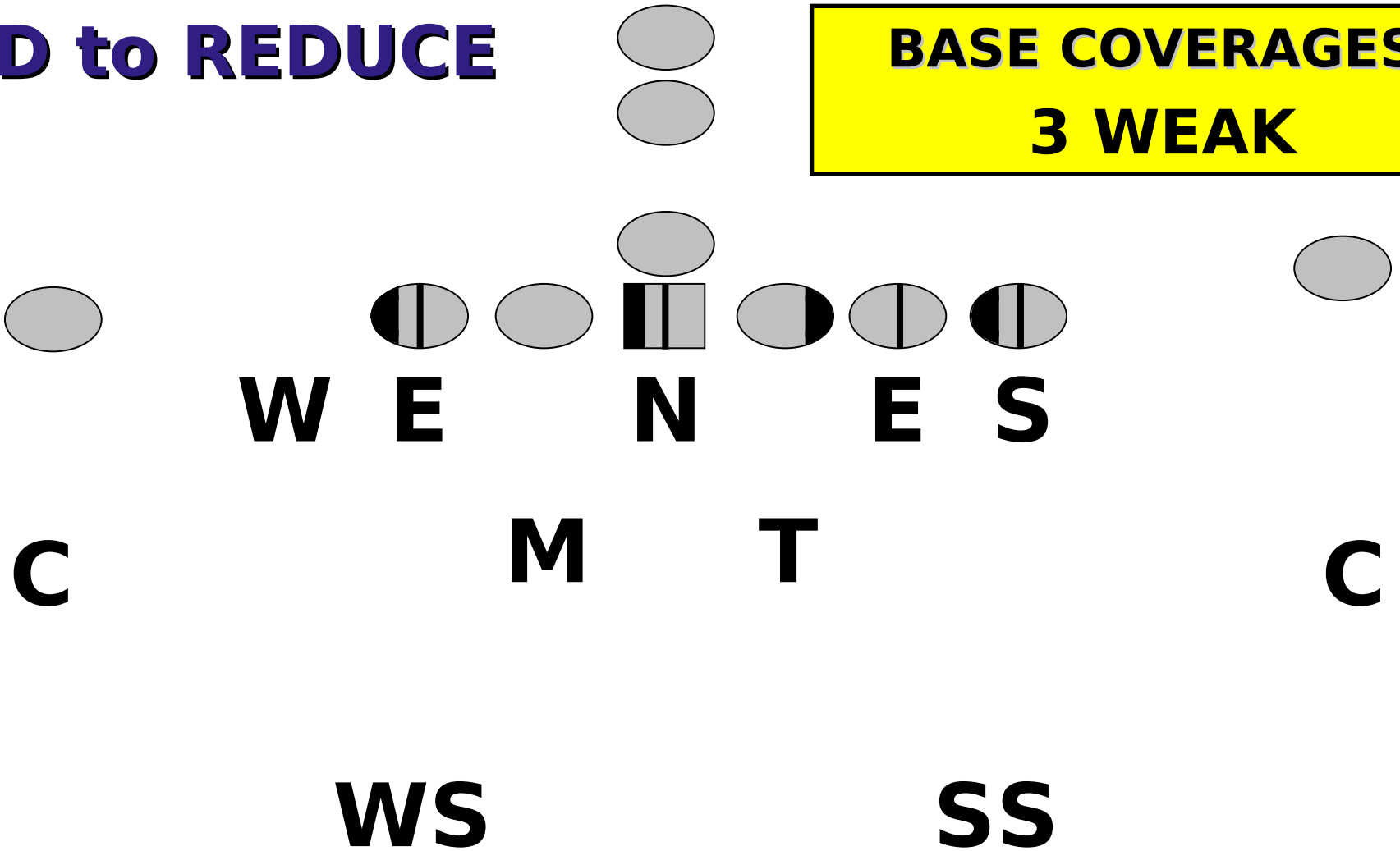
**BASE TECHNIQUE FOR CLOSED END: 2 GAP**

✓ *SAME FUNDAMENTALS AS ODD*

# ***MULTIPLE FRONTS***

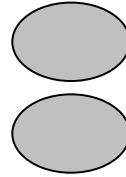
**ADD to REDUCE**

**BASE COVERAGES:  
3 WEAK**



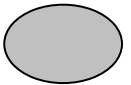
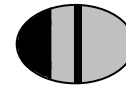
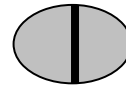
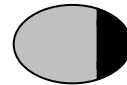
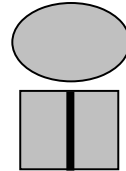
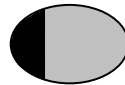
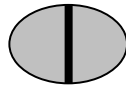
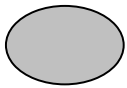
# ***MULTIPLE FRONTS***

**DD to SINK (46)**



**BASE COVERAGES:**

**3**



**W E**

**N**

**E S**

**C**

**M**

**T**

**C**

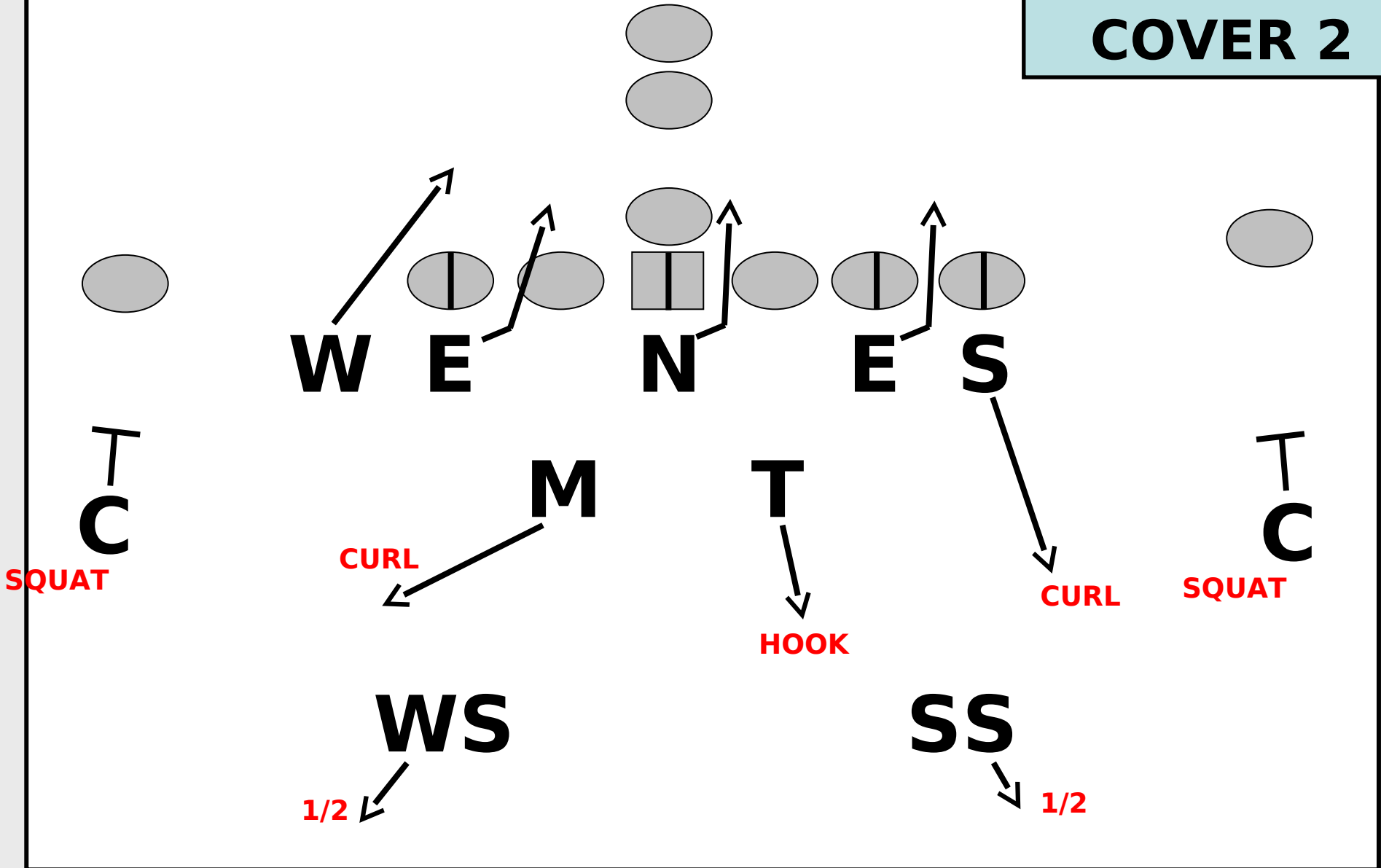
**WS**

**SS**



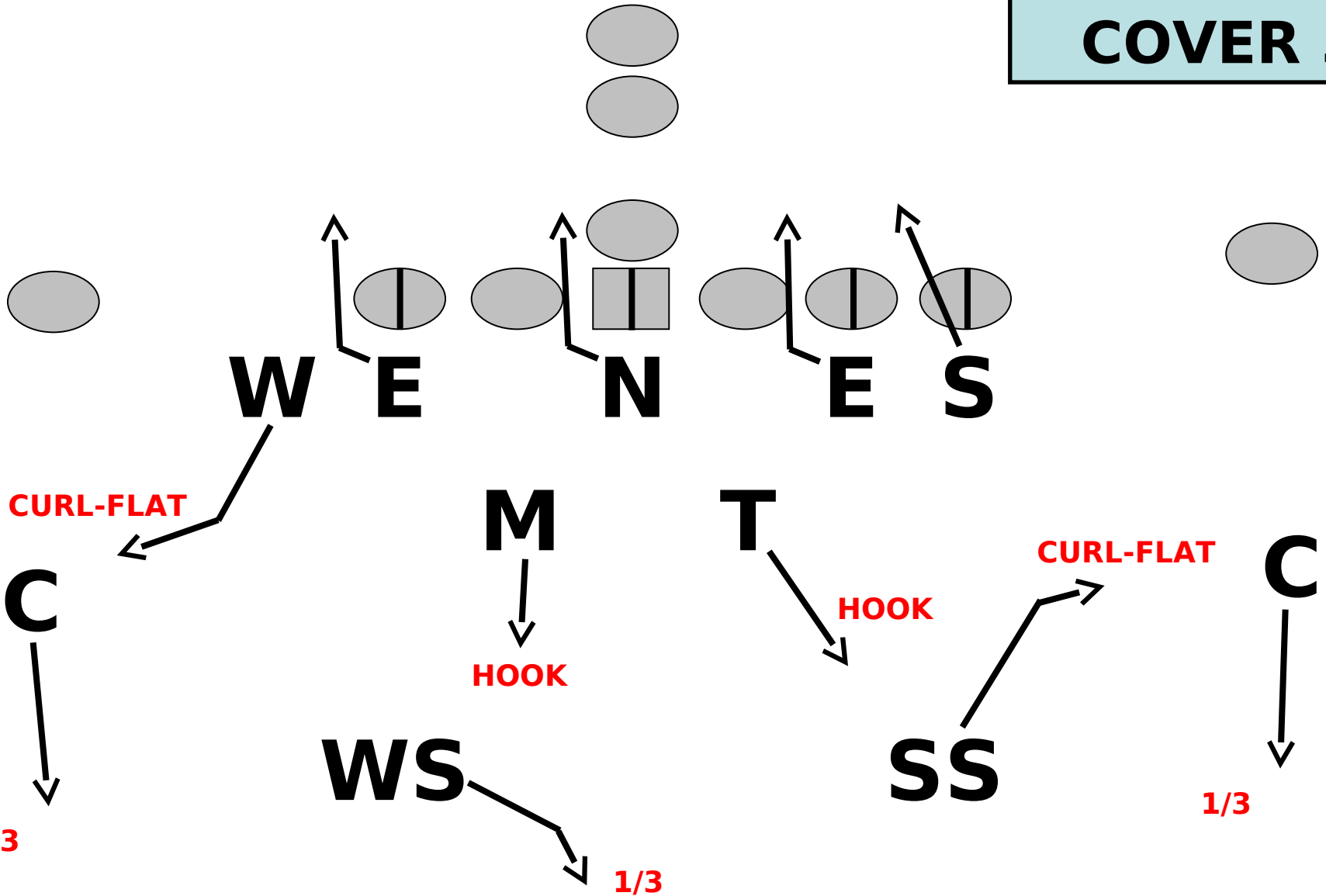
# ODD COVERAGES

COVER 2



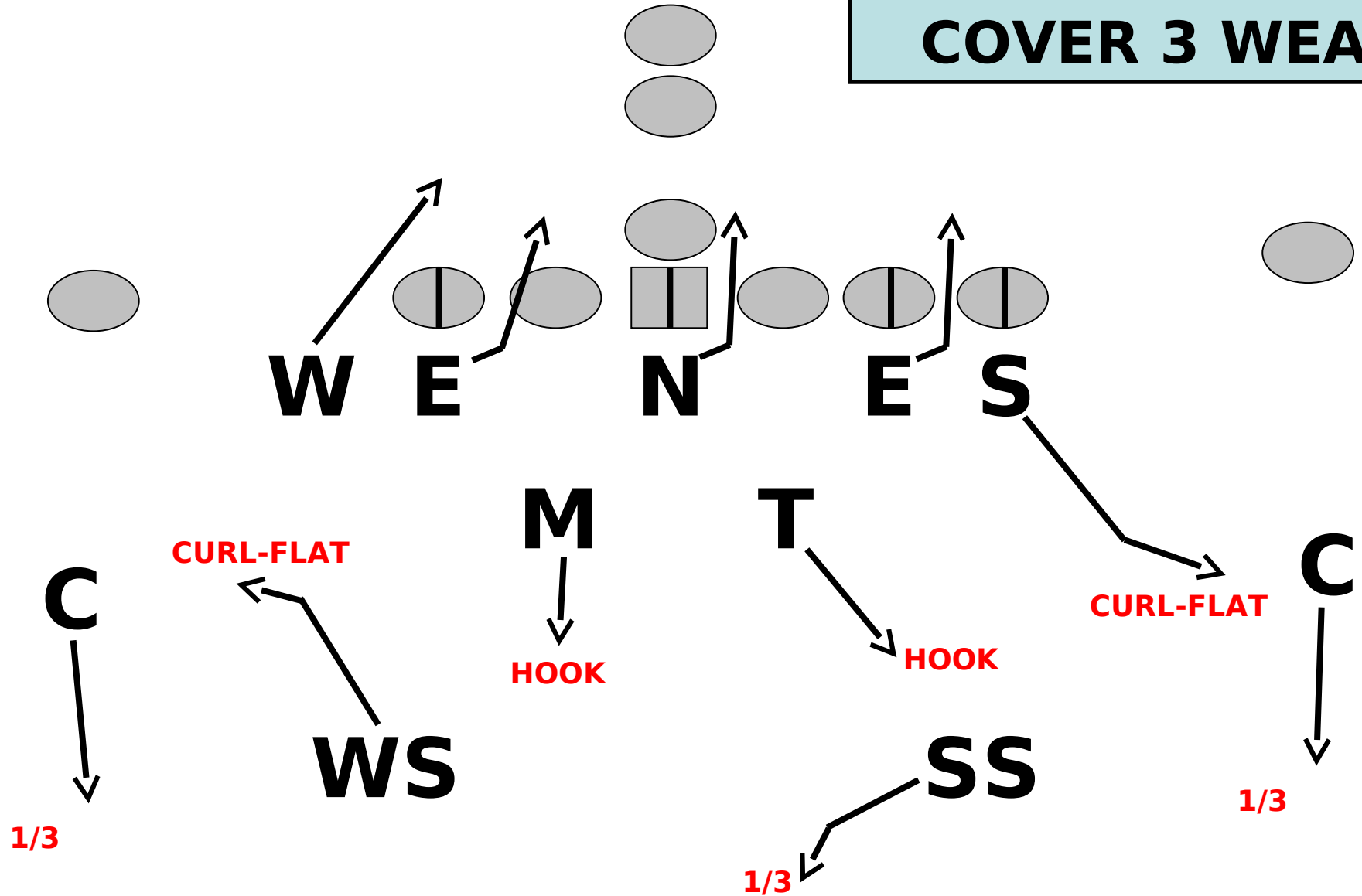
# ODD COVERAGES

COVER 3



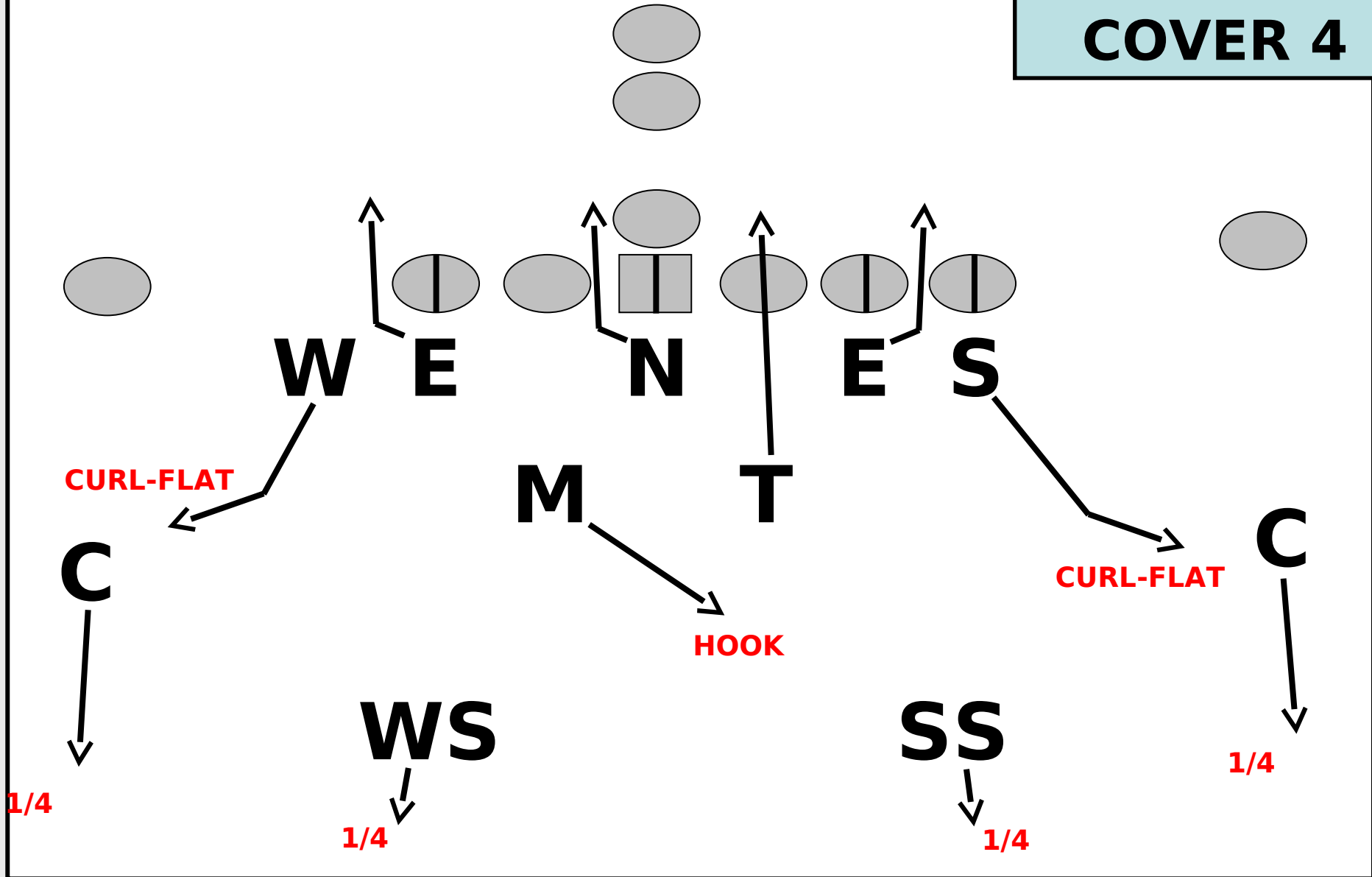
# ODD COVERAGES

COVER 3 WEAK



# ODD COVERAGES

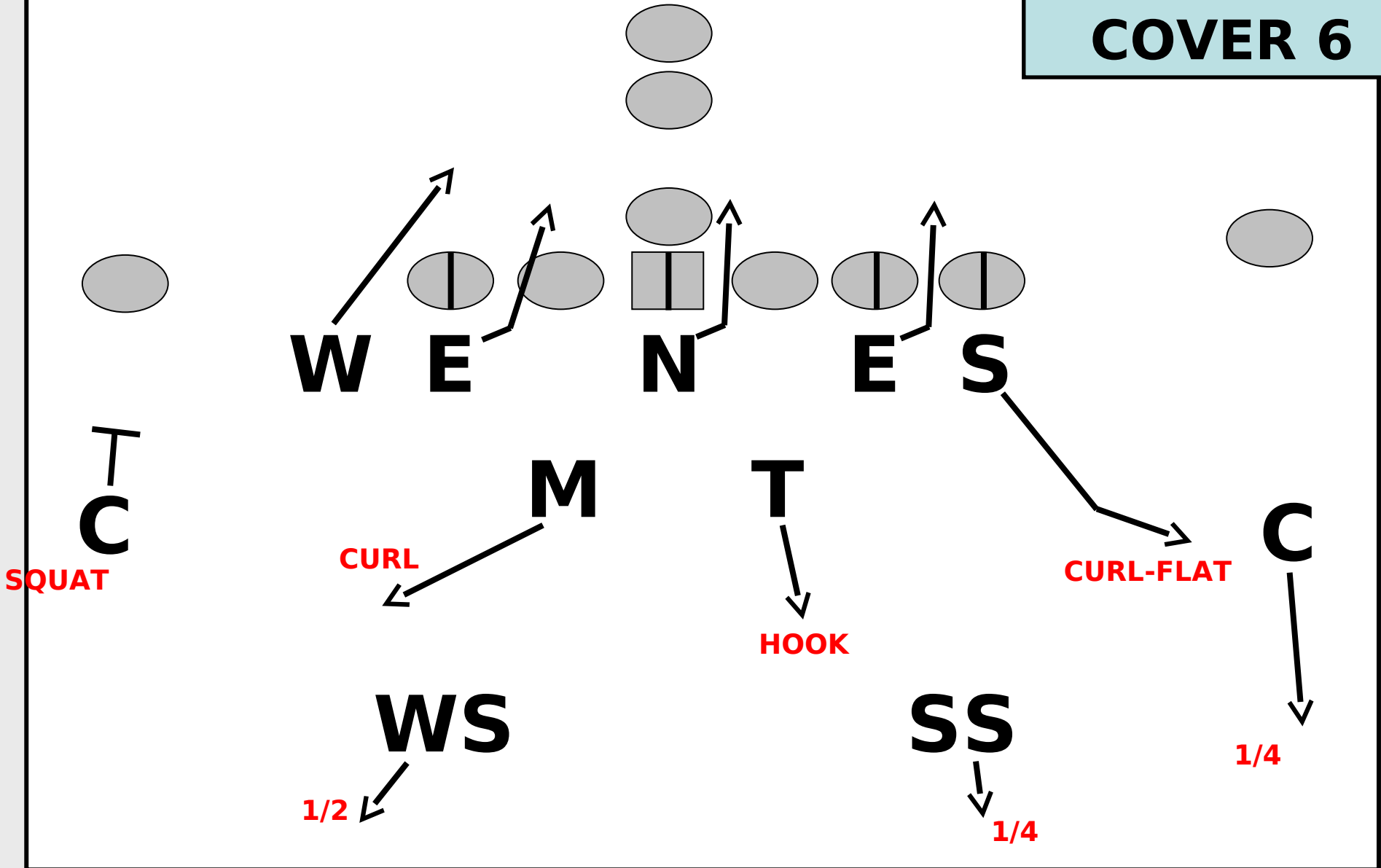
COVER 4





# ODD COVERAGES

COVER 6

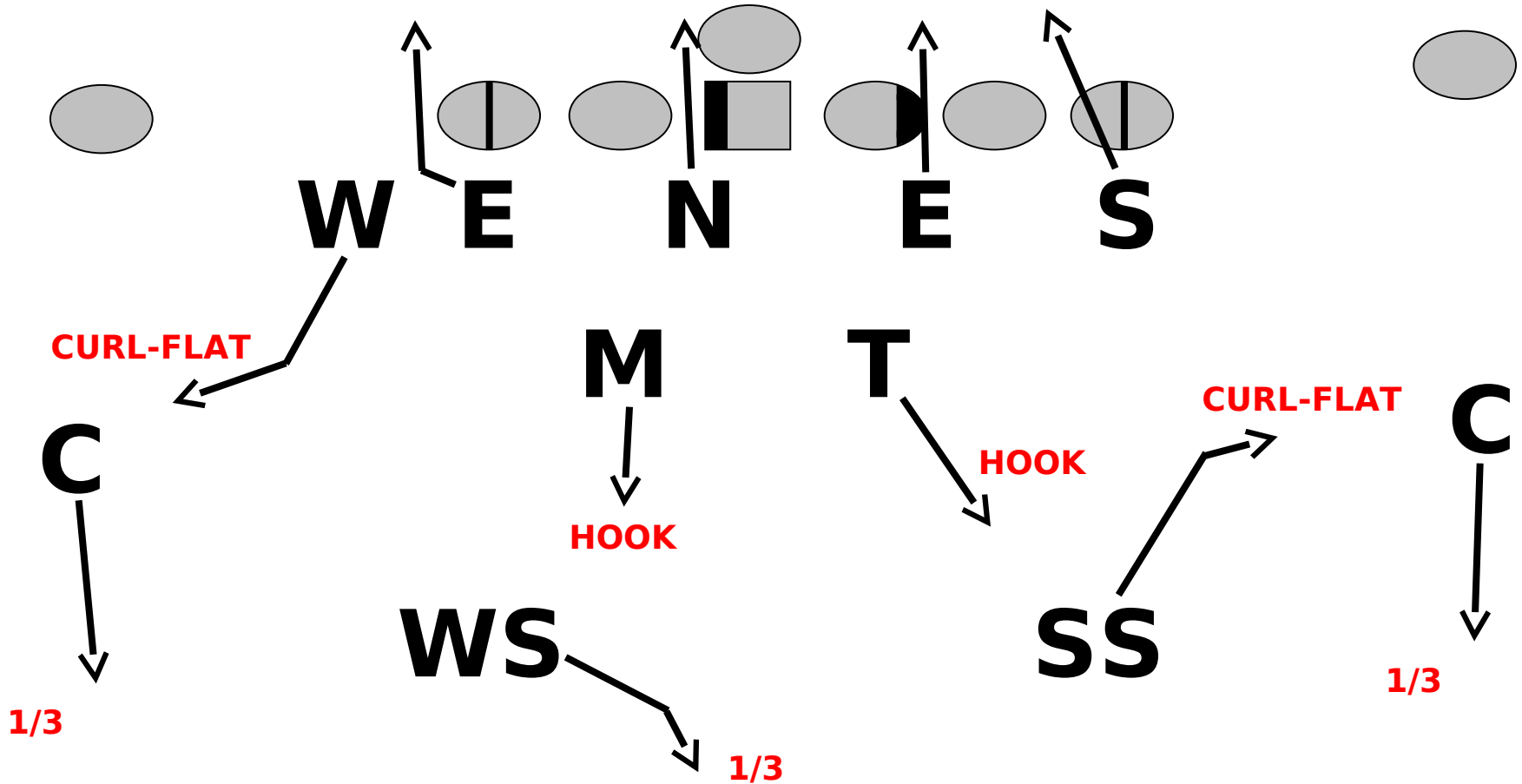


# OVER COVERAGES

**DD to OVER**

*COVER 3 vs. PRO*

**COVER 36**

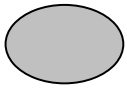
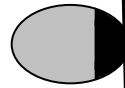
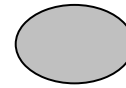
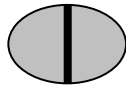
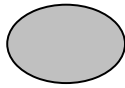
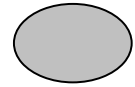
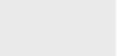
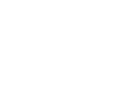
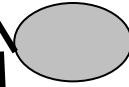
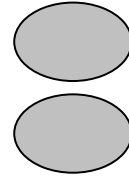


# OVER COVERAGES

**ODD to OVER**

*COVER 6 vs. SLOT*

**COVER 36**



**C**

**CURL-FLAT**

**W**

**E**

**N**

**E**

**S**

**T**  
**C**

**SQUAT**

**M**

**HOOK**

**T**

**CURL**

**SS**

**WS**

**1/4**

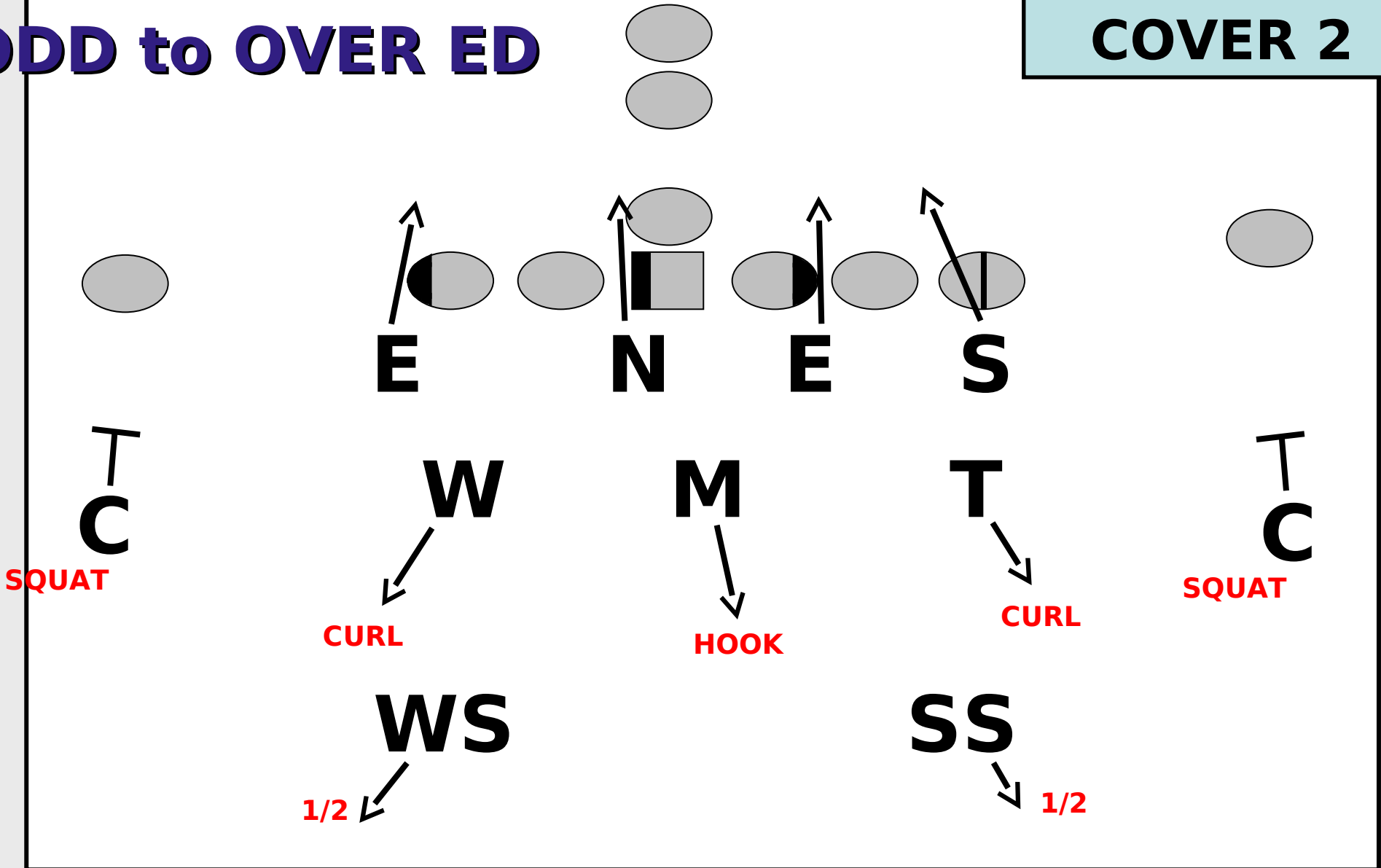
**1/4**

**1/2**

# OVER ED COVERAGES

ADD to OVER ED

COVER 2

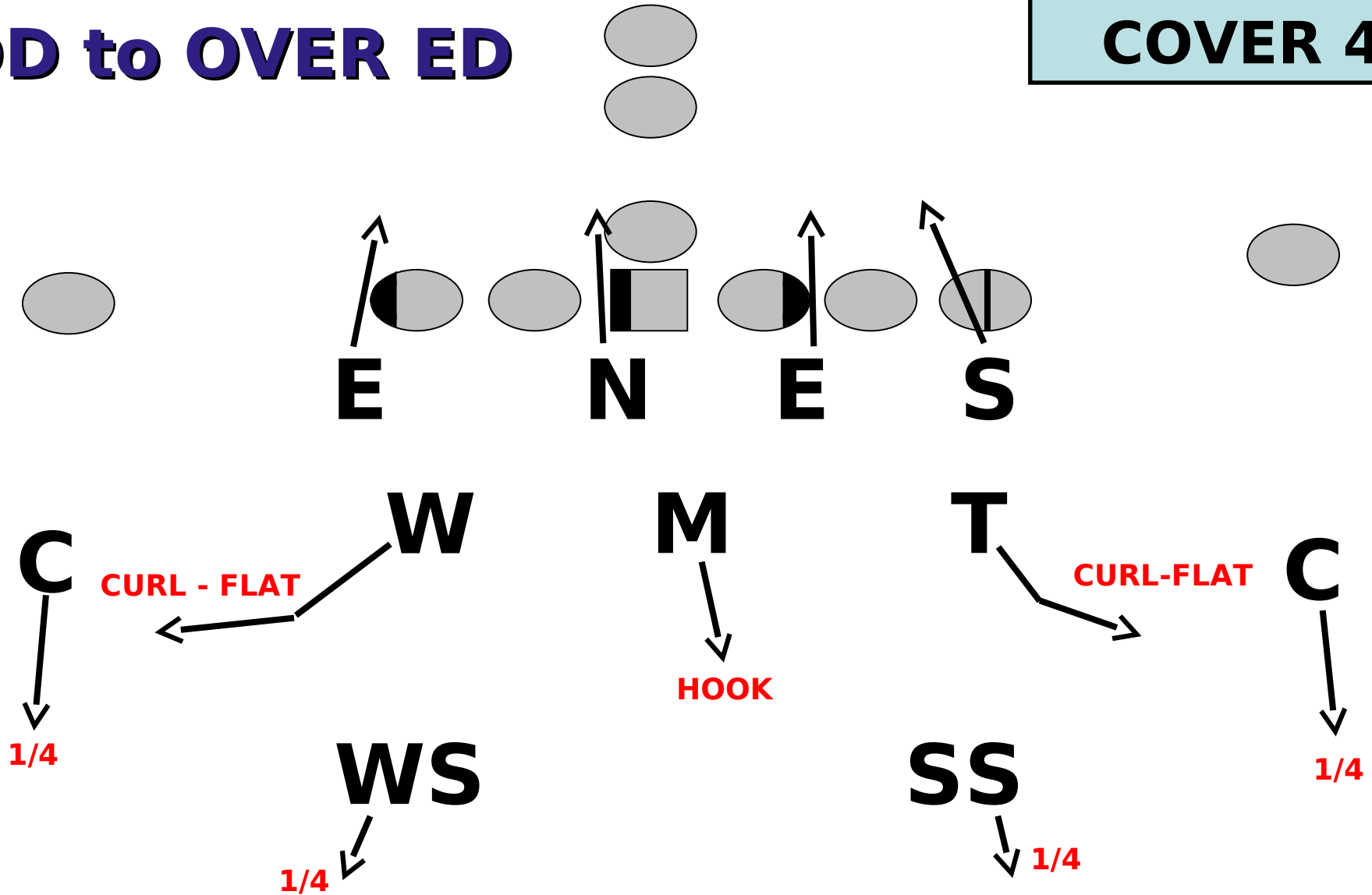




# OVER ED COVERAGES

DD to OVER ED

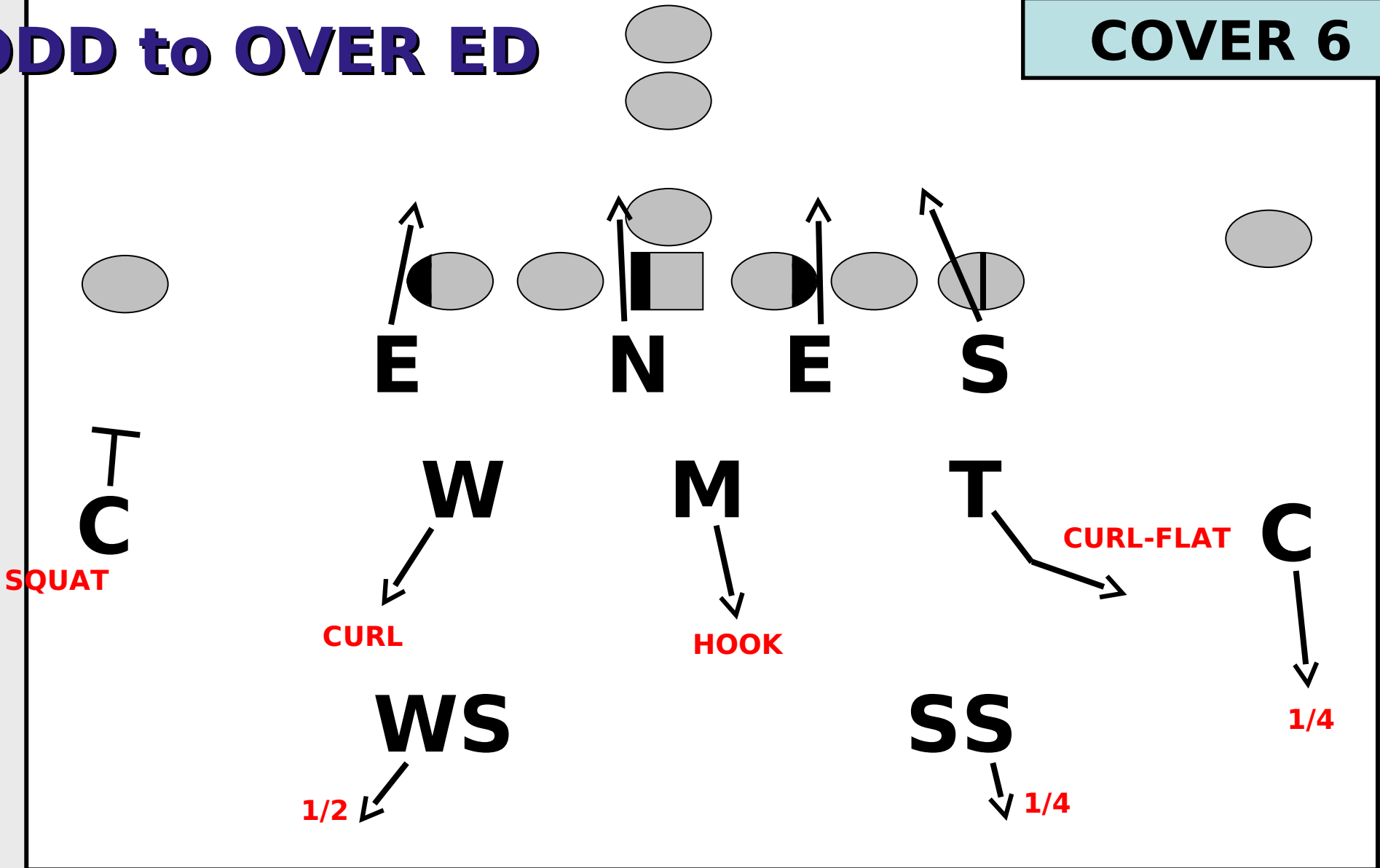
COVER 4



# OVER ED COVERAGES

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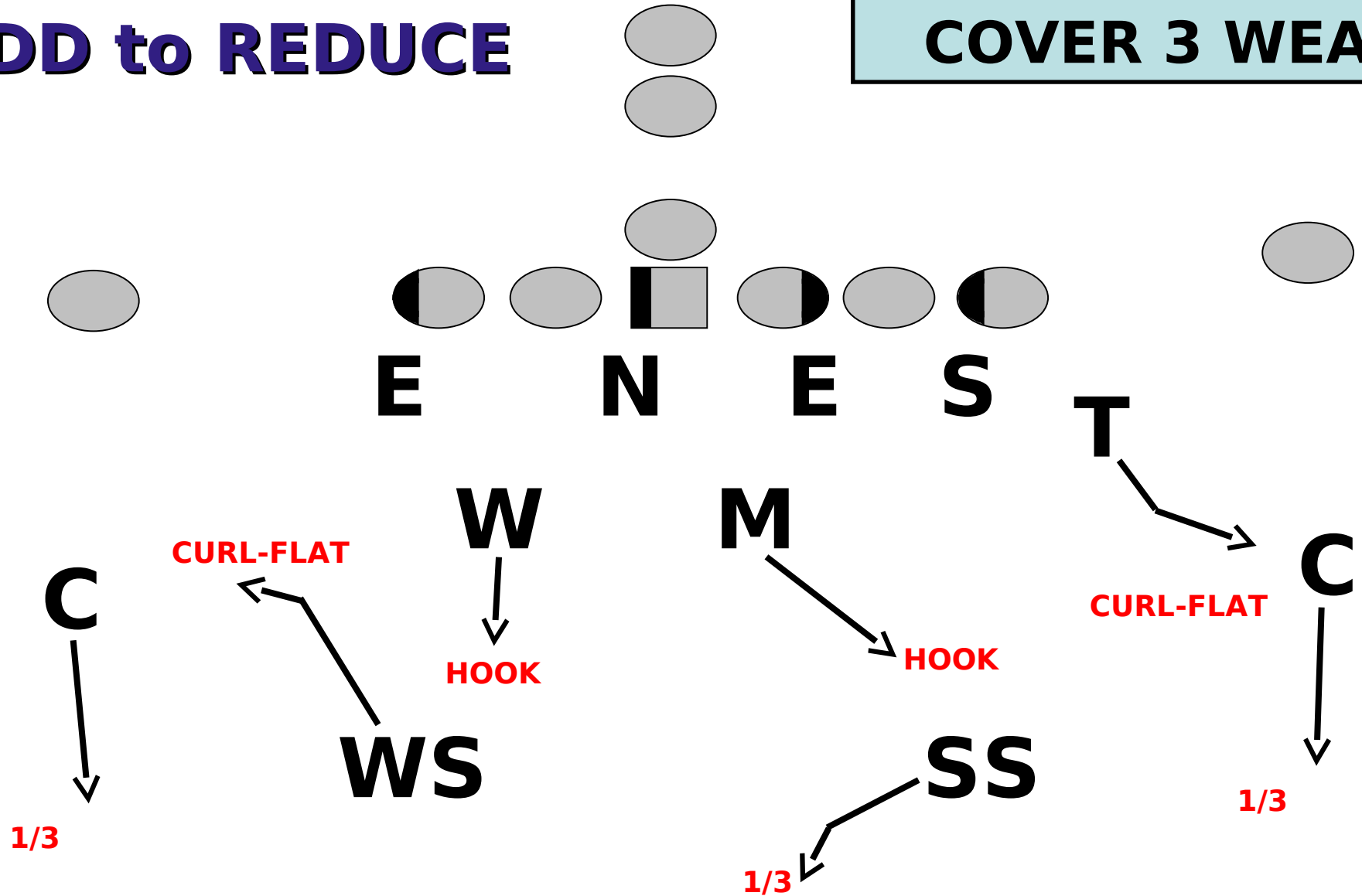
COVER 6



# REDUCE COVERAGES

## ADD to REDUCE

# COVER 3 WEAK

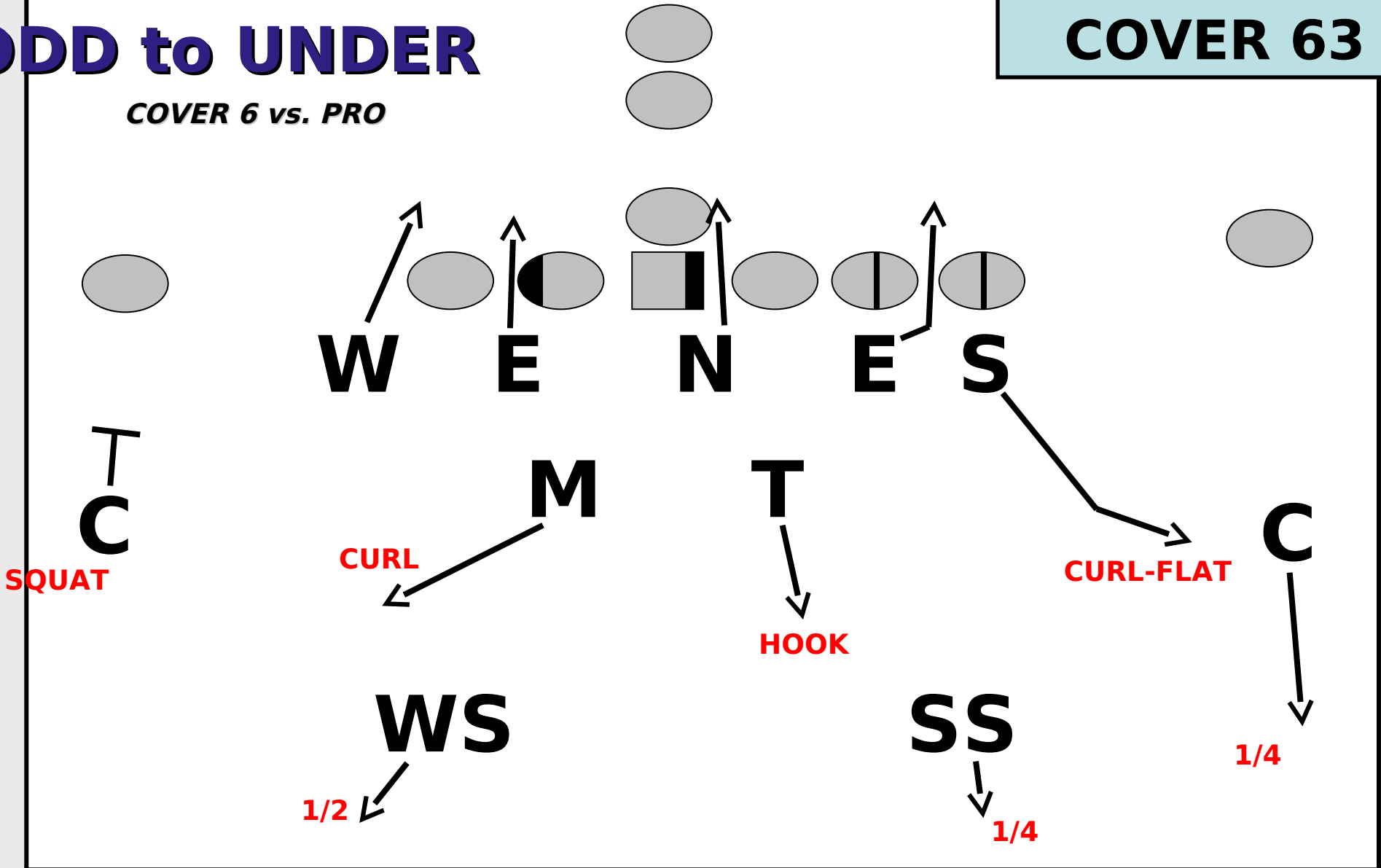


# UNDER COVERAGES

**ADD to UNDER**

*COVER 6 vs. PRO*

**COVER 63**



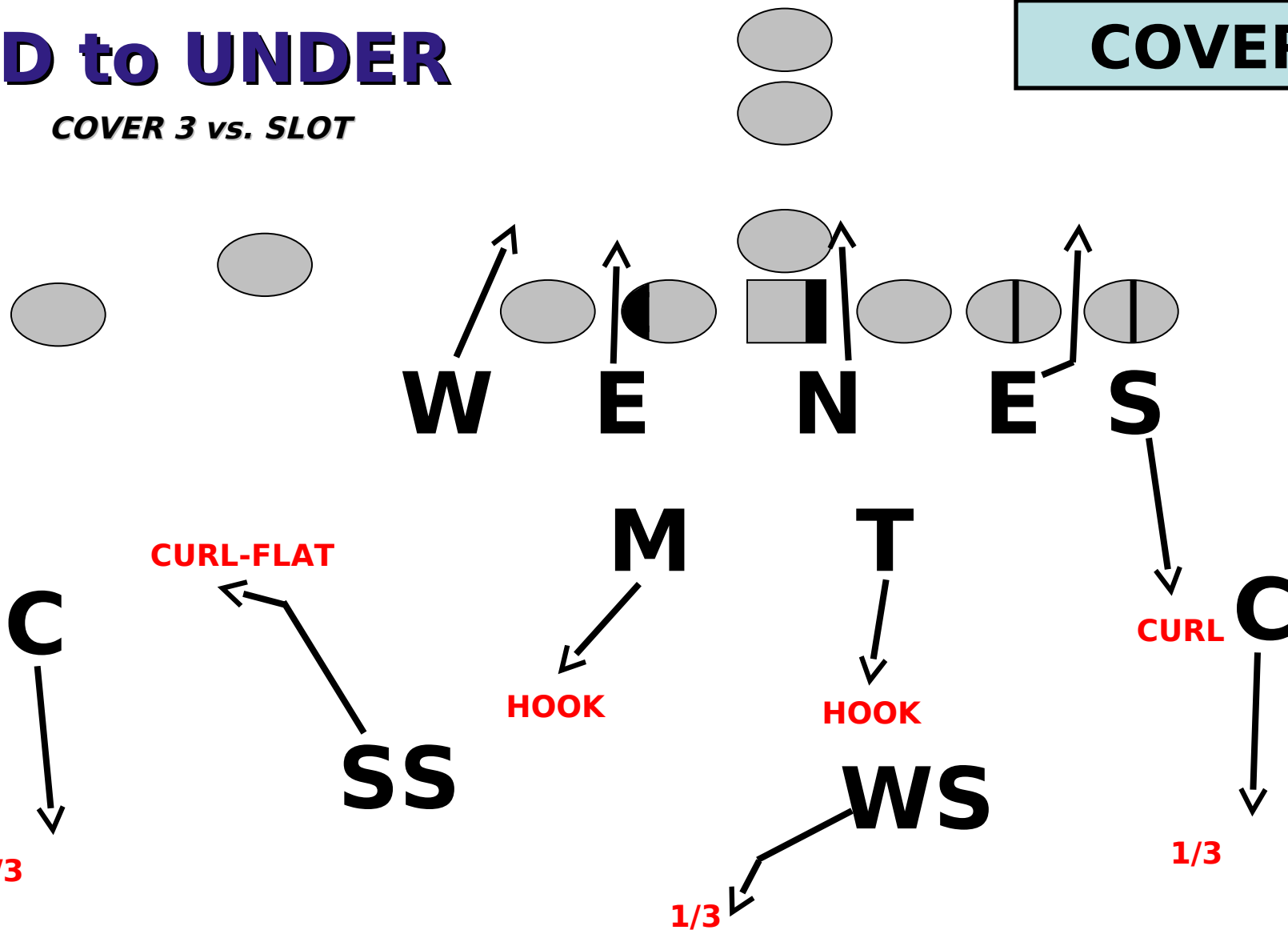


# UNDER COVERAGES

**ADD to UNDER**

*COVER 3 vs. SLOT*

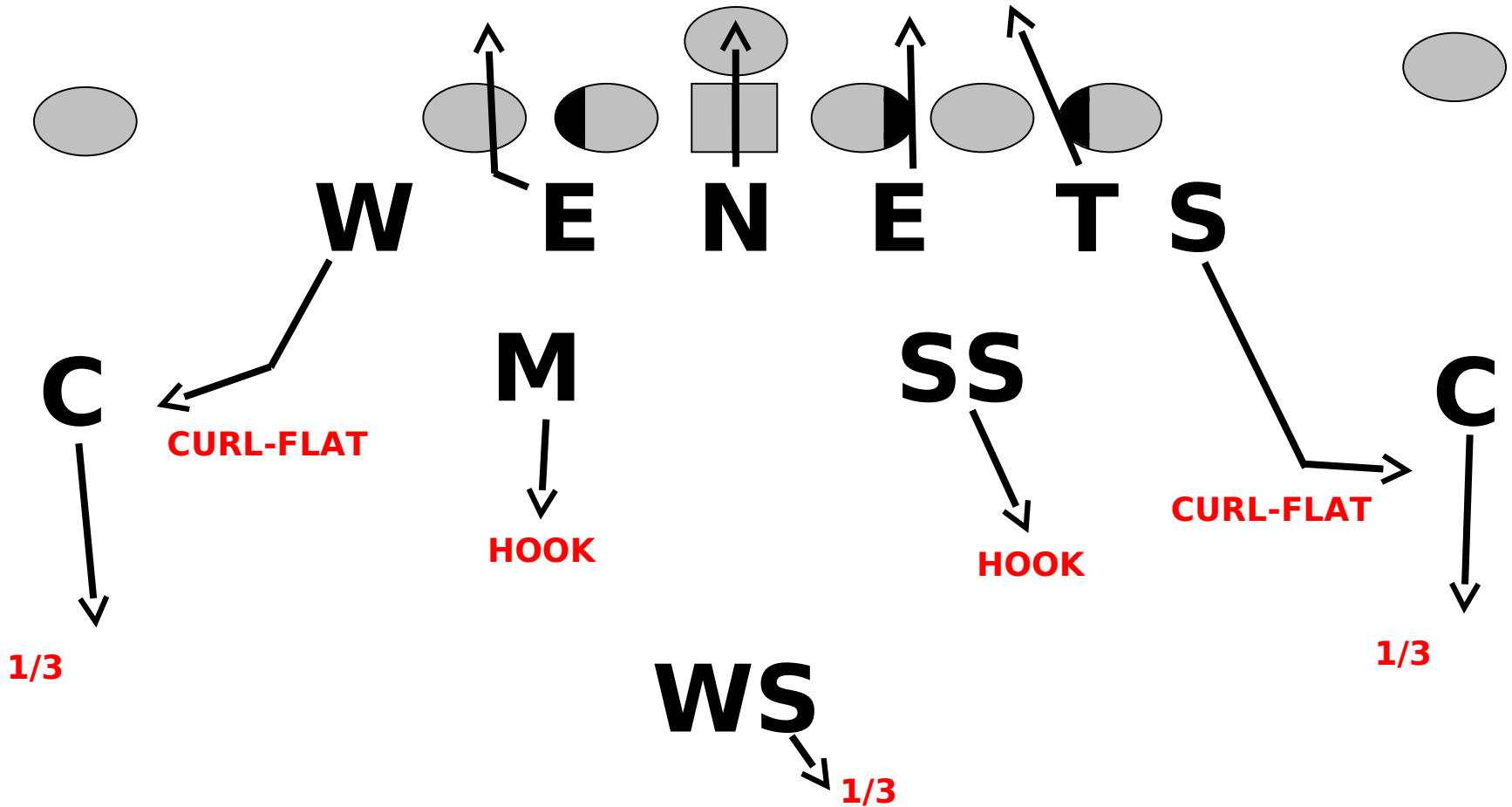
**COVER 63**



# SINK COVERAGES

DD to SINK (46)

COVER 3



# PRESSURE PACKAG

**PRESSURE:** 5 or more Rushers, or involving a DB in a 4 man rush

- ✓ **Be CREATIVE:** Have flexible system to designate rushers
- ✓ **Be ADAPTABLE:** Match pressures with opponent tendencies
- ✓ **Match coverages with your personnel (Off Man, Bump, Zone, etc.)**
- ✓ **Send your best rushers - but not 100% - Changeups**

✓ **BLUFF** - show pressure & back out - Dropers must be good actors

**COVER 0** - Straight Man to Man, No Help

✓ **COVER 1** - Man to Man, Centerfield Help

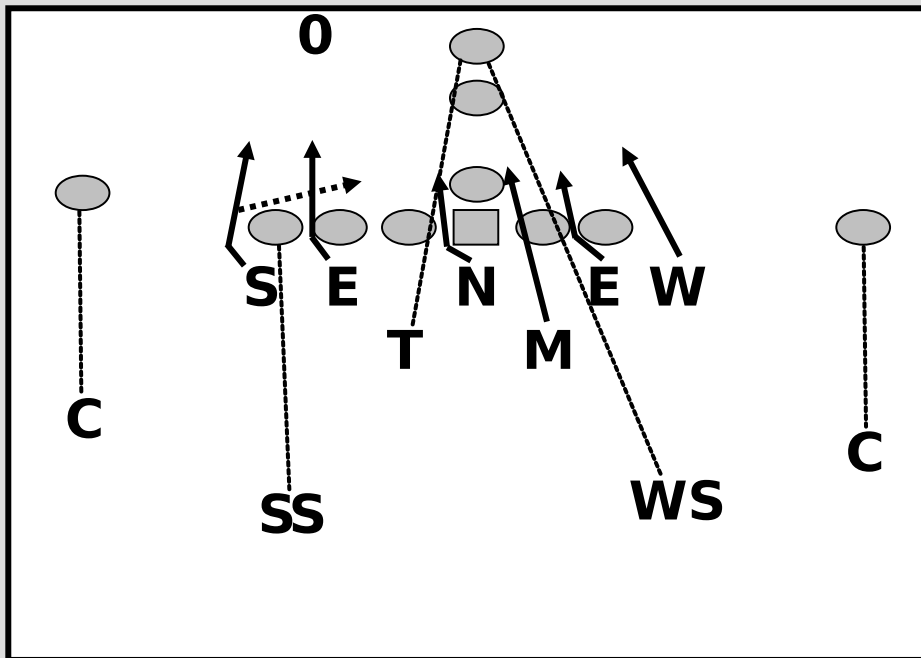
**COVER 2** - 4 Under, 2 Deep Zone

**FIRE ZONE** - 3 Deep, 3 Under Zone

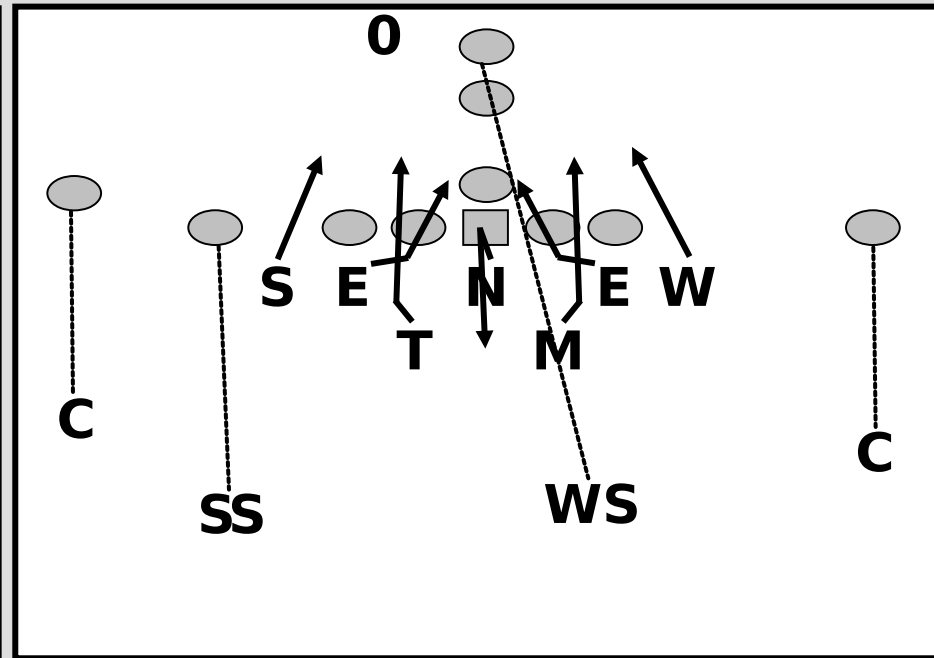
**Other:** Brackets, Combinations -- tailored to fit particular opponent

# COVER 0 PRESSURES

# ODD LIGHTNING



## ODD MAX



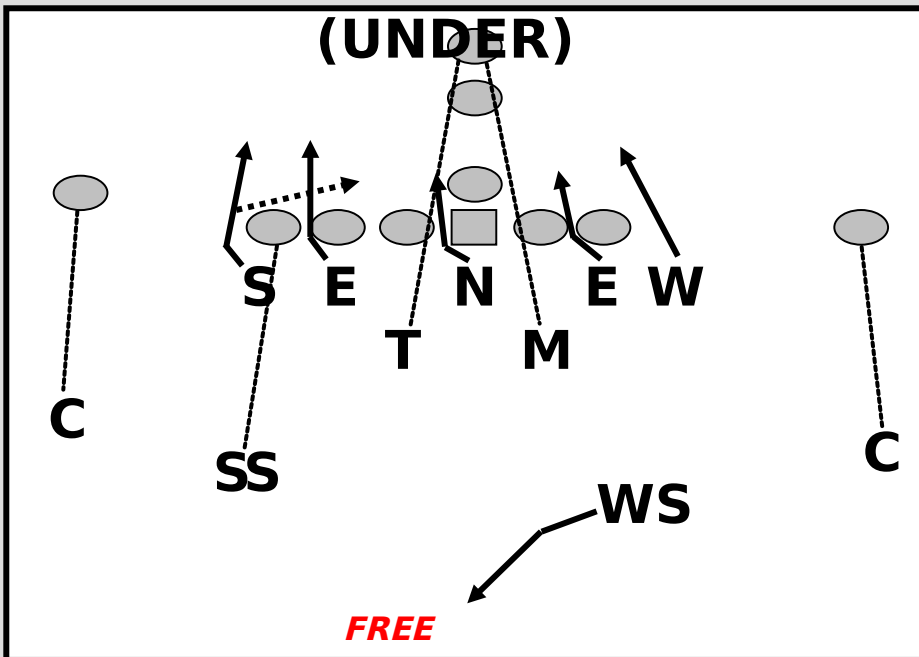
## COACHING POINTS

- ✓ Have sound Match Up rules -- Corners Over, **1's - 2 Strong - 3 Strong/2 Weak**, Jersey #
- ✓ Don't show too early – but be in a position to do your work
- ✓ Have the ability to “Hands Out” versus obvious audible
- ✓ Coverage defenders can not get beat inside!
- ✓ Anticipate the “Hot” or quick throw (Catch Technique / Flat Foot)

# COVER 1 PRESSURES

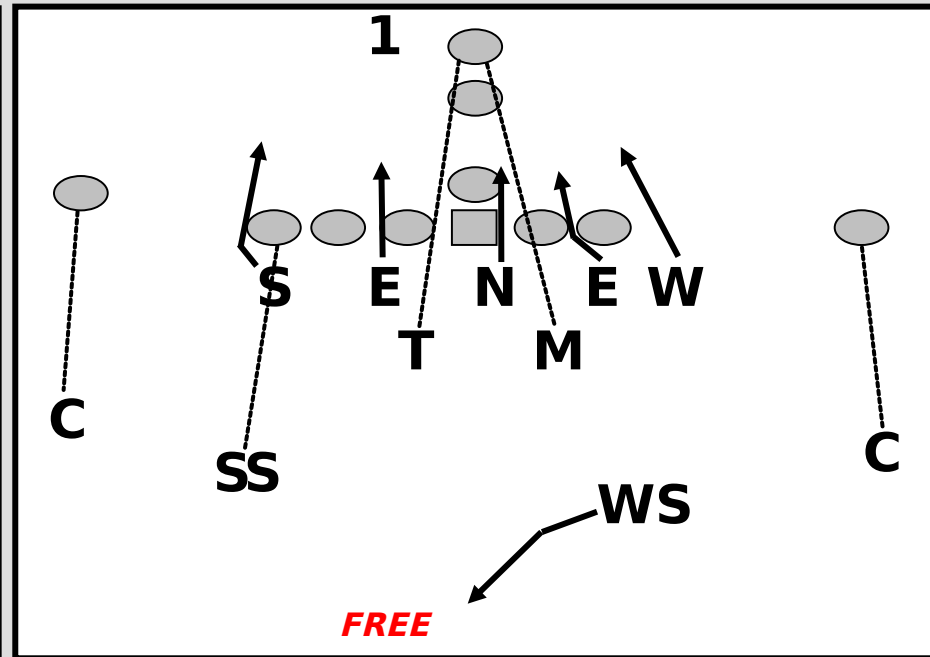
## ODD SAW 1

(UNDER)



## OVER SWILL

1

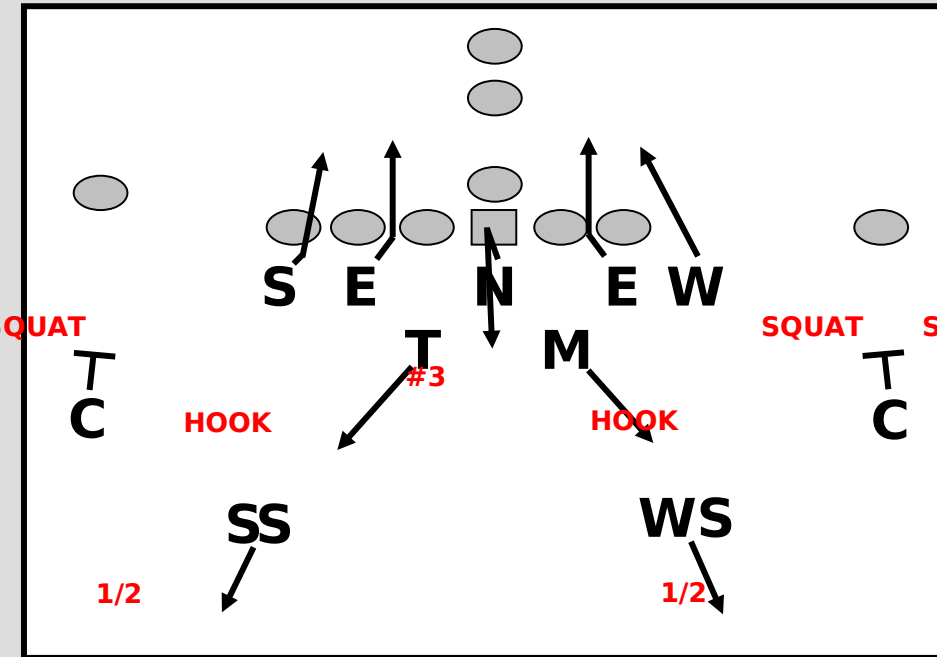


## COACHING POINTS

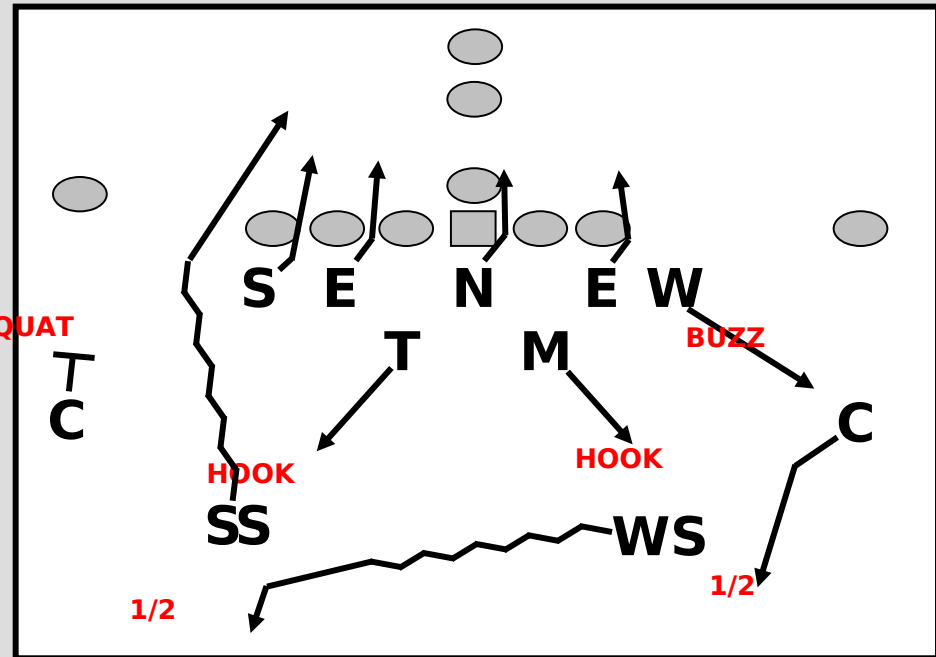
- ✓ Have sound Match Up rules -- Corners Over, **1's - 2 Strong - 3 Strong/2 Weak**, Jersey #
- ✓ Don't show too early - but be in a position to do your work
- ✓ Have the ability to "Hands Out" versus obvious audible
- ✓ Anticipate the "Hot" or quick throw
- ✓ Coverage defenders know where your help is!
- ✓ With Centerfield help, can overplay outside routes
- ✓ Can use WS to double / bracket dominant receiver - 1X, 1Z, 1Y, 1H

# COVER 2 PRESSURES

## ODD STING 2



# ODD EAGLE 2



## COACHING POINTS

- ✓ Don't show too early – but be in a position to do your work
- ✓ Anticipate the “Hot” or quick throw
- ✓ Eagle 2 is designated to passing strength – can also go to Wide Field (FALCON 2)

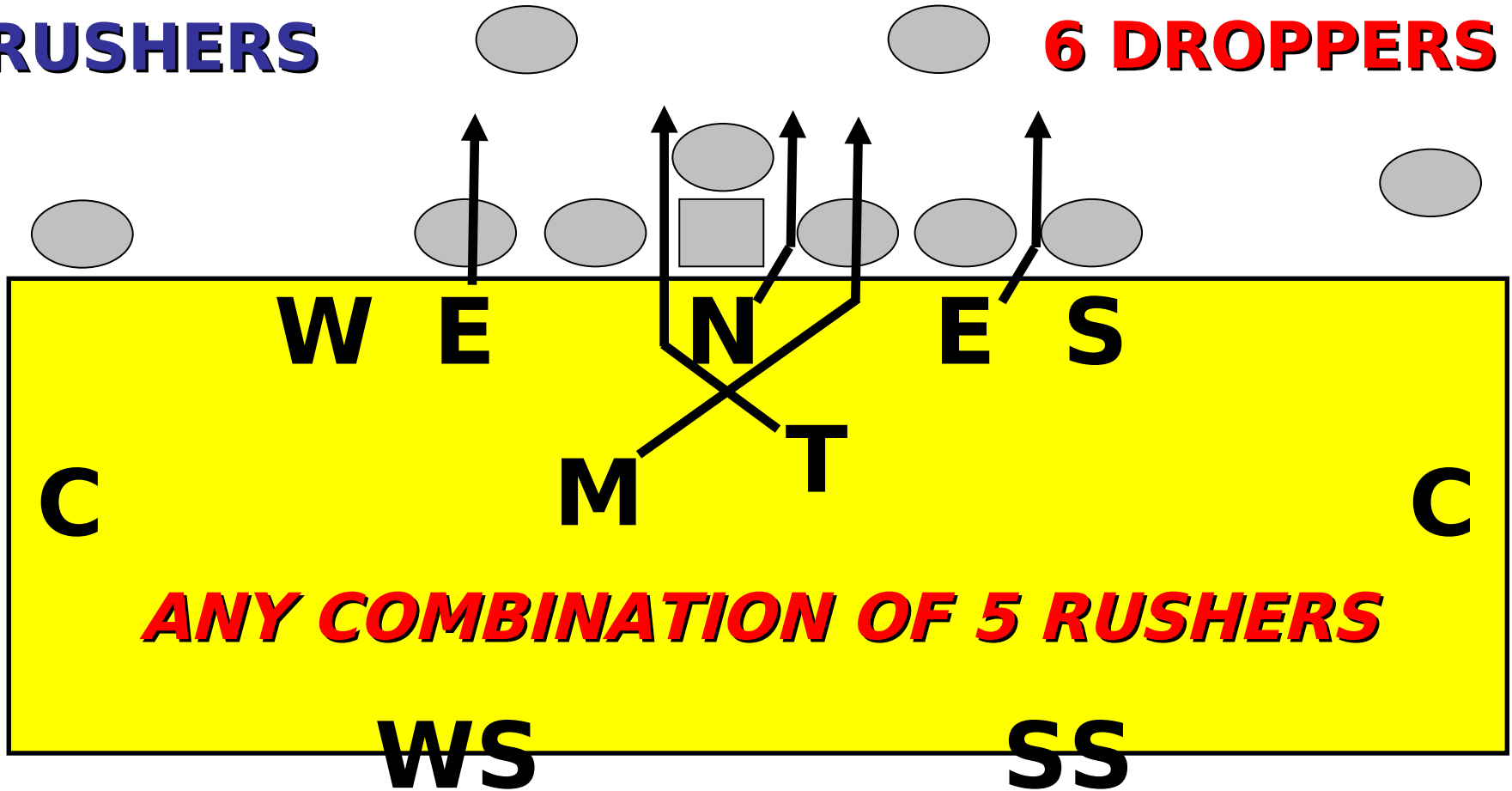
# FIRE ZONE CONCEPT

5 MAN RUSH -- ZONE COVERAGE

3 UNDERNEATH ZONE DEFENDERS, 3 DEEP ZONE DEFENDERS

5 RUSHERS

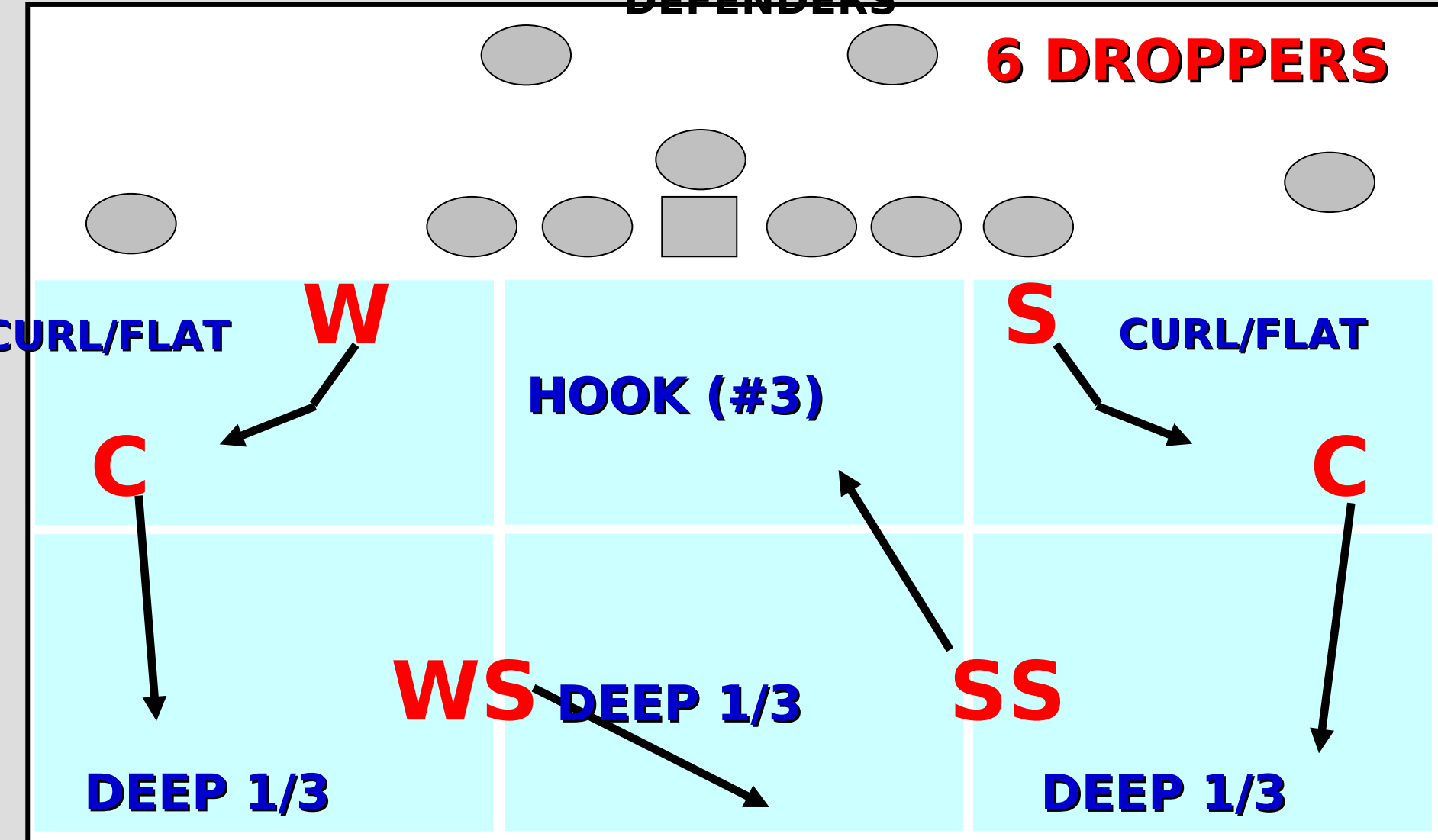
6 DROPPERS



# FIRE ZONE CONCEPT

5 MAN RUSH -- ZONE COVERAGE

3 UNDERNEATH ZONE DEFENDERS, 3 DEEP ZONE DEFENDERS

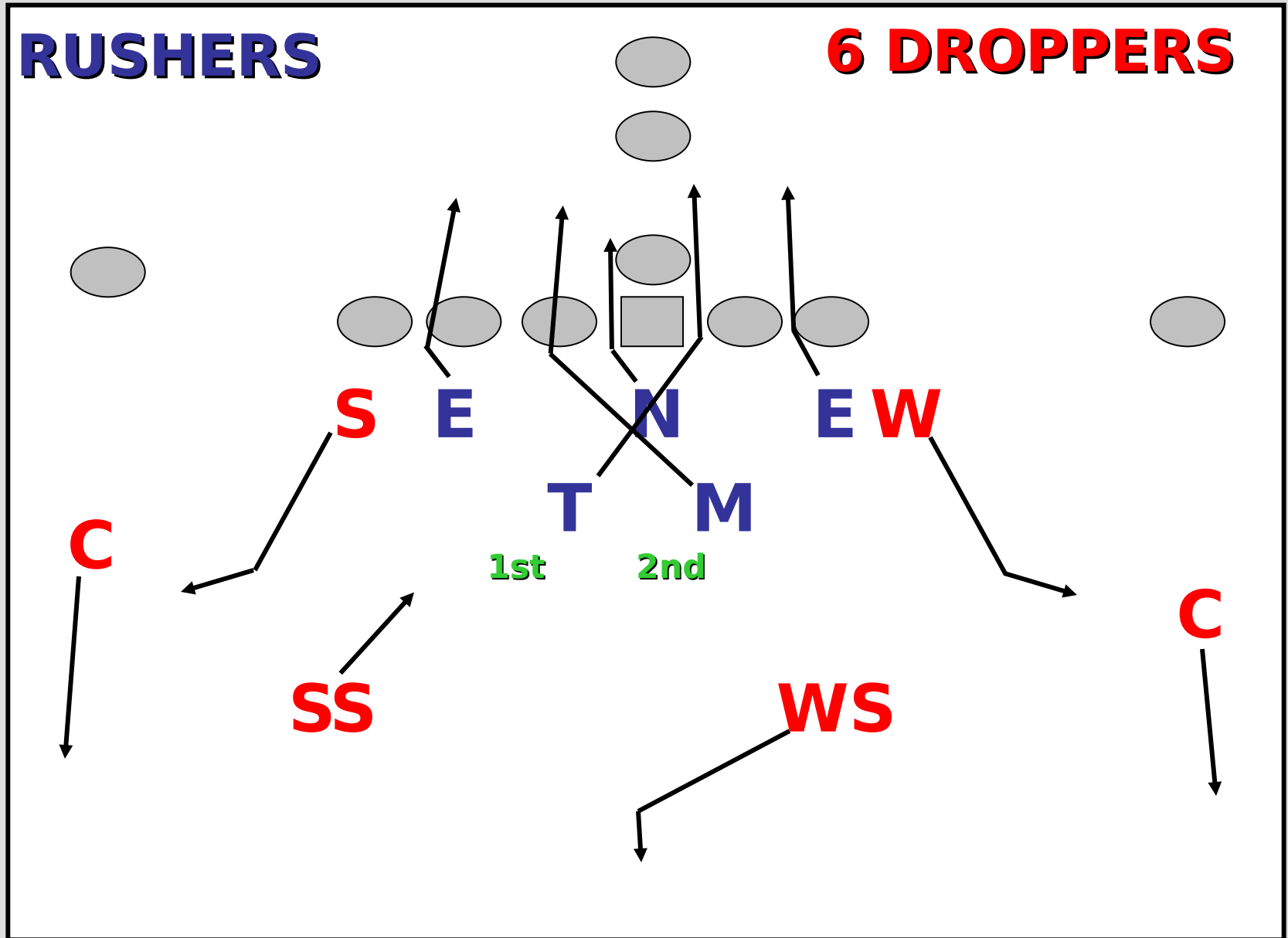




**EXAMPLE**  
**ODD BEAR FIRE ZONE**

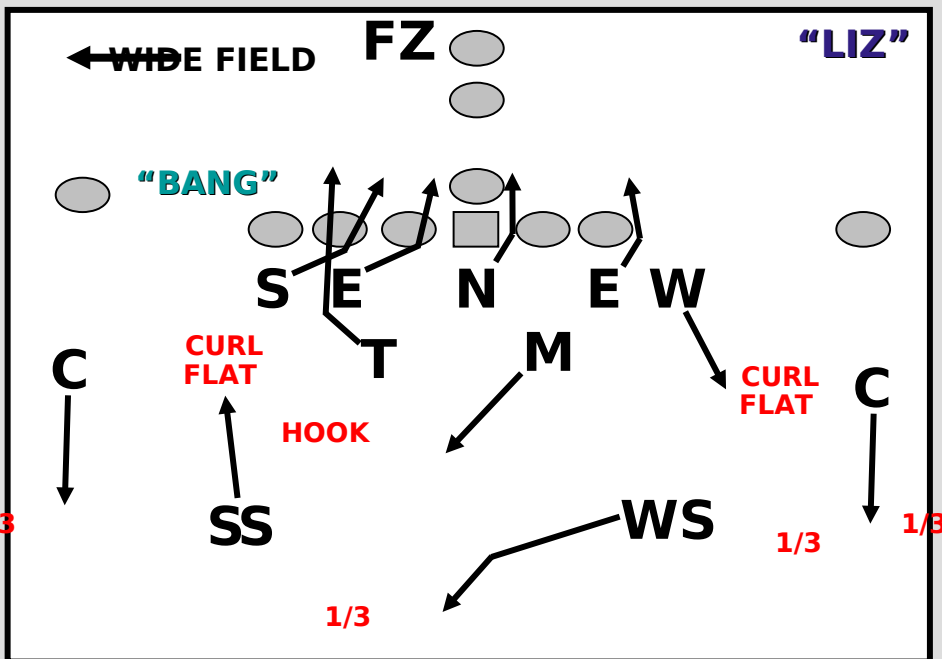
**5 RUSHERS**

**6 DROPPERS**

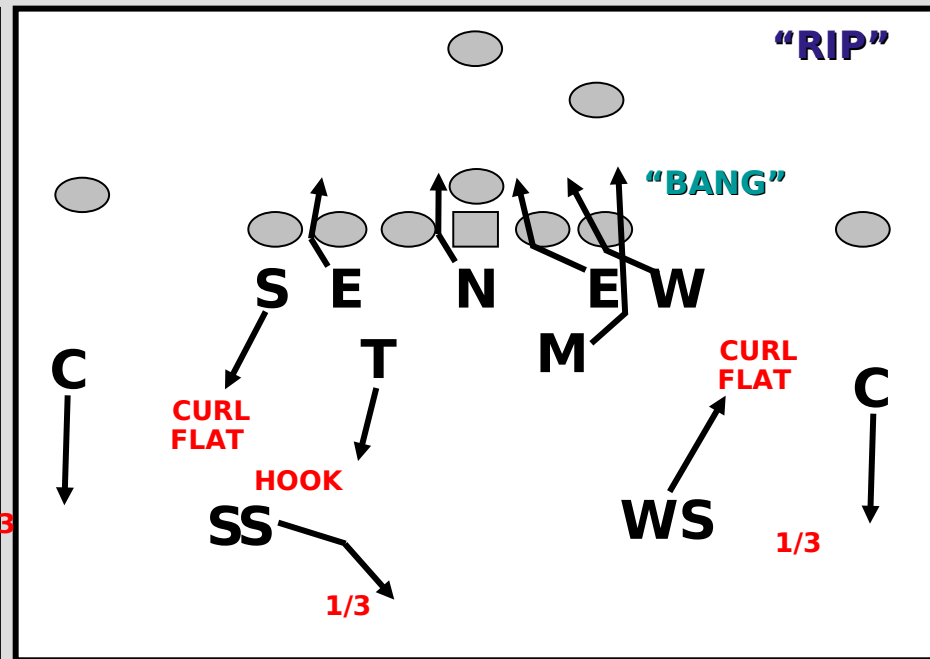


# FIRE ZONE PRESSURES

## ODD FIELD

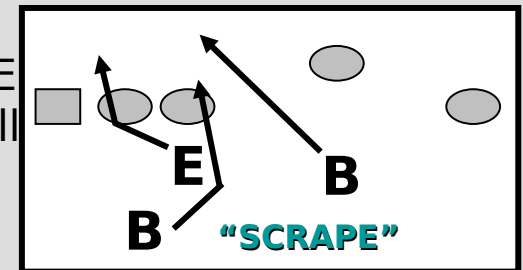


## ODD BACKS FZ



## COACHING POINTS

- ✓ Don't show too early - but be in a position to do your work
- ✓ Anticipate the "Hot" or quick throw ("HOT" side vs. "COLD" side)
- ✓ Designate to FIELD, BACKS, PASS STRENGTH, TIGHT END, INDIVIDUAL, R/L etc.
- ✓ Set up based on scouting report -- tendencies
- ✓ Vs. Slot - OLB blitzes outside / ILB blitzes inside ("SCRAPE")
- ✓ Blitzing LB can "read out" vs. full flow away or near G pull



# ***ADDITIONAL NOTES on DEFENSE***

1. **DO NOT LOSE SIGHT OF THE FUNDAMENTALS!** - *If your players can not RUN, are not TRAINED TO DEFEAT BLOCKS and TACKLE, the best schemes in the world are worthless!!*
2. Use 2-a-days to master physical techniques - majority of the playbook should already be installed before you put on the pads
3. Create a fast practice tempo - No wasted time!  
Shortens practices, increases functional conditioning, maximize reps
4. Conduct more "walk-thru" type meetings versus on the board  
Review tougher looks - Empty, Unbalanced, Bunches, etc.
5. Quiz your players on alignment / assignment - oral & written -- see how good a teacher you are!
6. Use a Coach as the Scout Team Quarterback - critical position on the staff!
7. Coach effort! Never accept anything less than great effort! Reward hustle / Punish loafing!
8. Emphasize importance of individual roles within framework of defense

***DO YOUR JOB AND GOOD THINGS WILL HAPPEN!***

***STRESS TEMPO - PLAYING  
FAST***



***PLAY ON OUR TERMS!***

# **ENDING the SPREAD ATTACK**

***QUESTIONS to ask about the OPPONENT:***

**1. What is the opponent trying to accomplish with the Spread?**

**Is it their way of life?**

**No Huddle - Fast Break**

**3<sup>rd</sup> Down Package only?**

**Run philosophy - Checked? Interior vs. Perimeter**

**Pass philosophy - Concepts - Vertical, Mismatches, Sticks**

**2. What are their reads?**

**Is the QB reading the middle of the field?**

**Are they counting defenders in the box?**

**3. What defenses have hurt them? How are they successful?**

**Do they have a solid blitz pick-up system? Audible or sight-adjust?**

**Are their routes geared more for man or zone?**

**4. Who is their best weapon?**

**Who do they try to isolate?**

**Is the QB a running threat?**

**5. Do they run any form of option?**

# SUB FRONT: FLEX

## ALIGNMENT

CLOSED END - 7 TECH  
CLOSED DT - 3 TECH  
OPEN DT - 1 (G) TECH  
OPEN END - 5 TECH



***FOR POTENTIAL RUN SITUATIONS***

**PRIMARYLY USED TO:**

**STRONG AGAINST RUN  
CONVERT TO PASS RUSH**



# SUB FRONT: RUSH

## ALIGNMENT

CLOSED END - 9 TECH

LT - 3 or 4i TECH

RT - 3 OR 4i TECH

OPEN END - WIDE 5 TECH



***FOR OBVIOUS PASS SITUATIONS***

**PRIMARYLY USED TO:**

**4 MAN PASS RUSH**

**EXECUTE PASS RUSH GAMES**

# SUB FRONT: 3-2

## ALIGNMENT

LEFT END - 5 TECH

N - 0 TECH

RIGHT END - 5 TECH



***FOR RUN or PASS SITUATIONS***

**PRIMARYLY USED TO:**

**DISGUISE BLITZ**

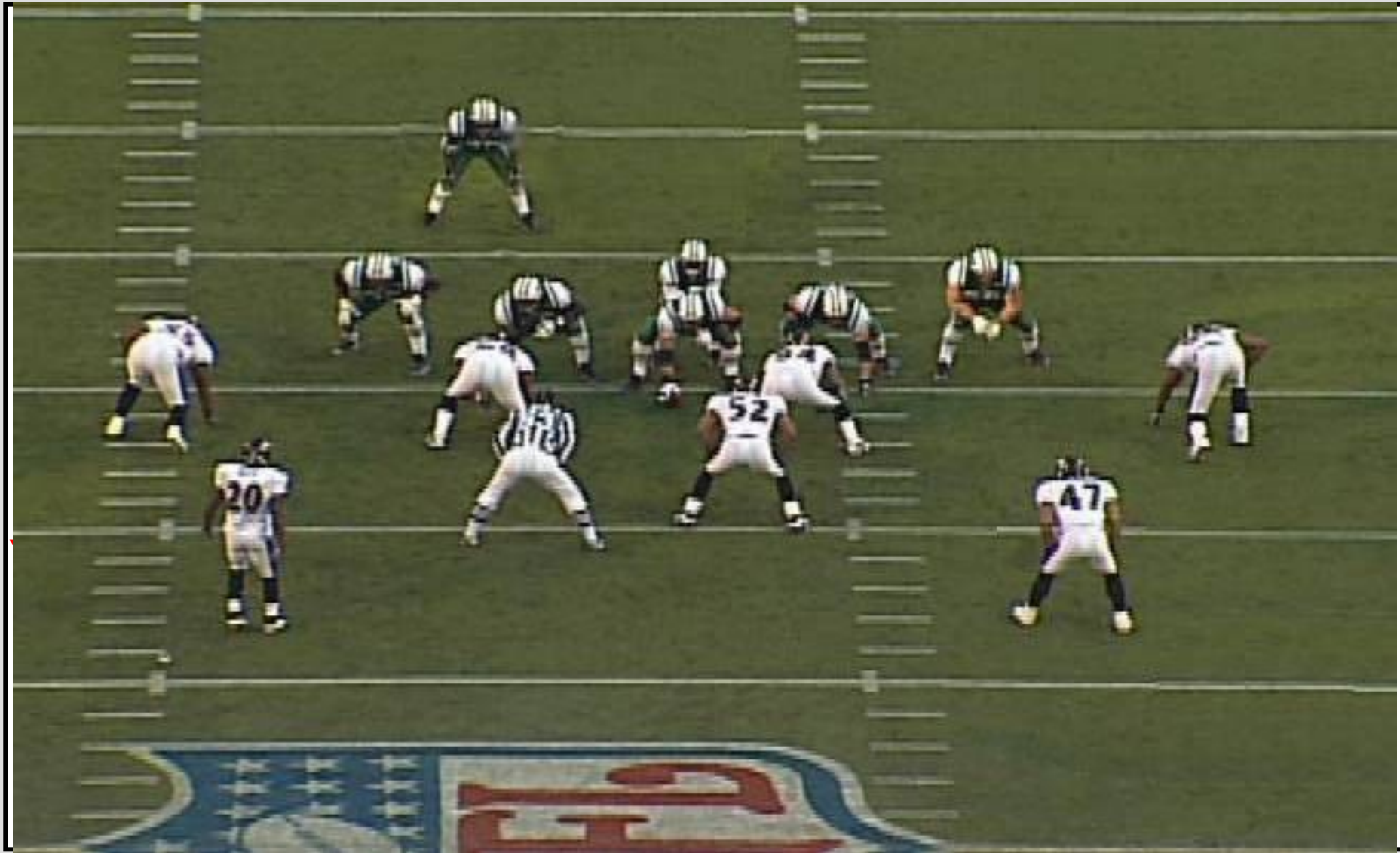
**CAUSE PROTECTION ISSUES**

**RUSH 3**

**PUT PRESSURE ON SNAP**

# BASE INVERT ALIGNMENT

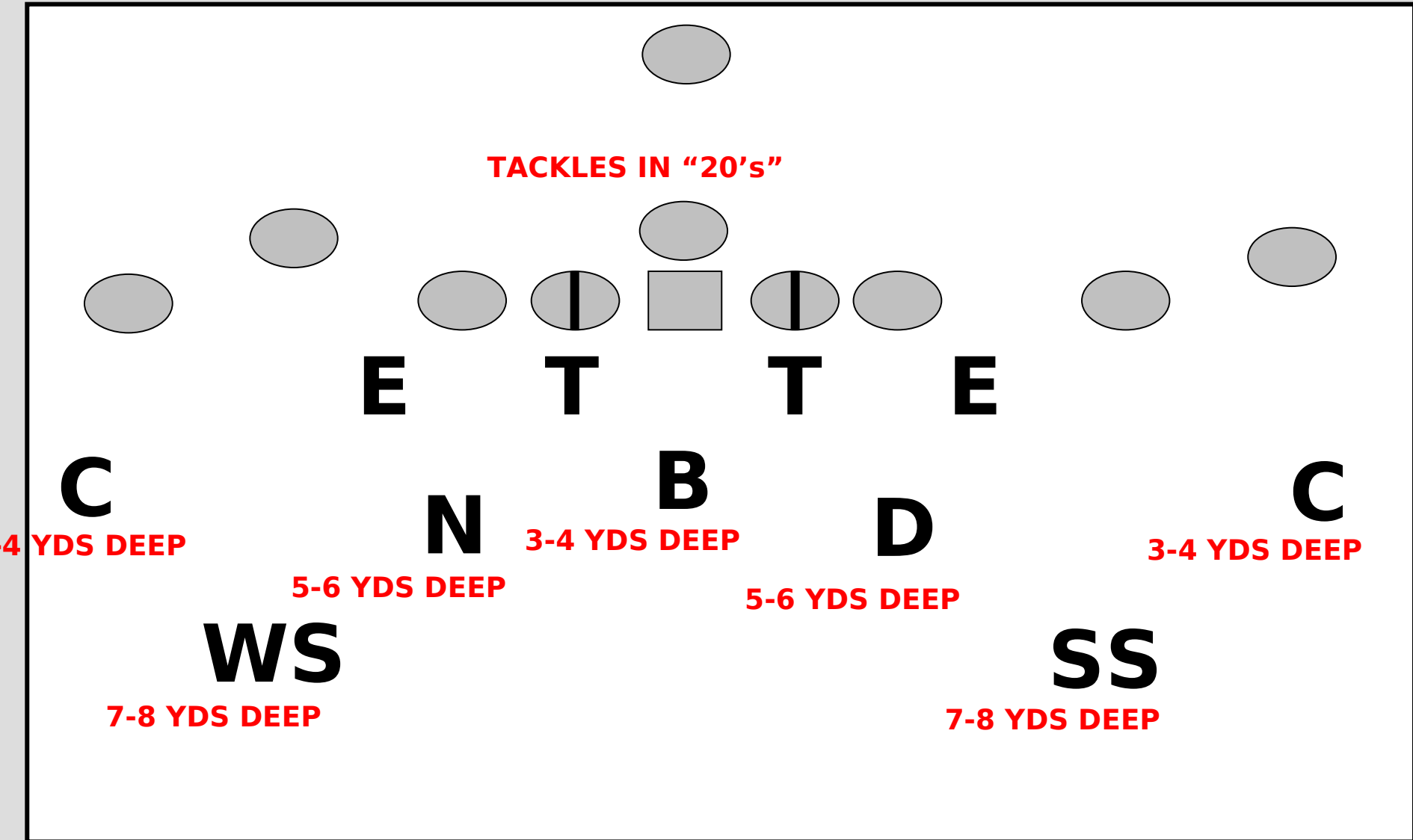
(vs. BACK OFFSET)



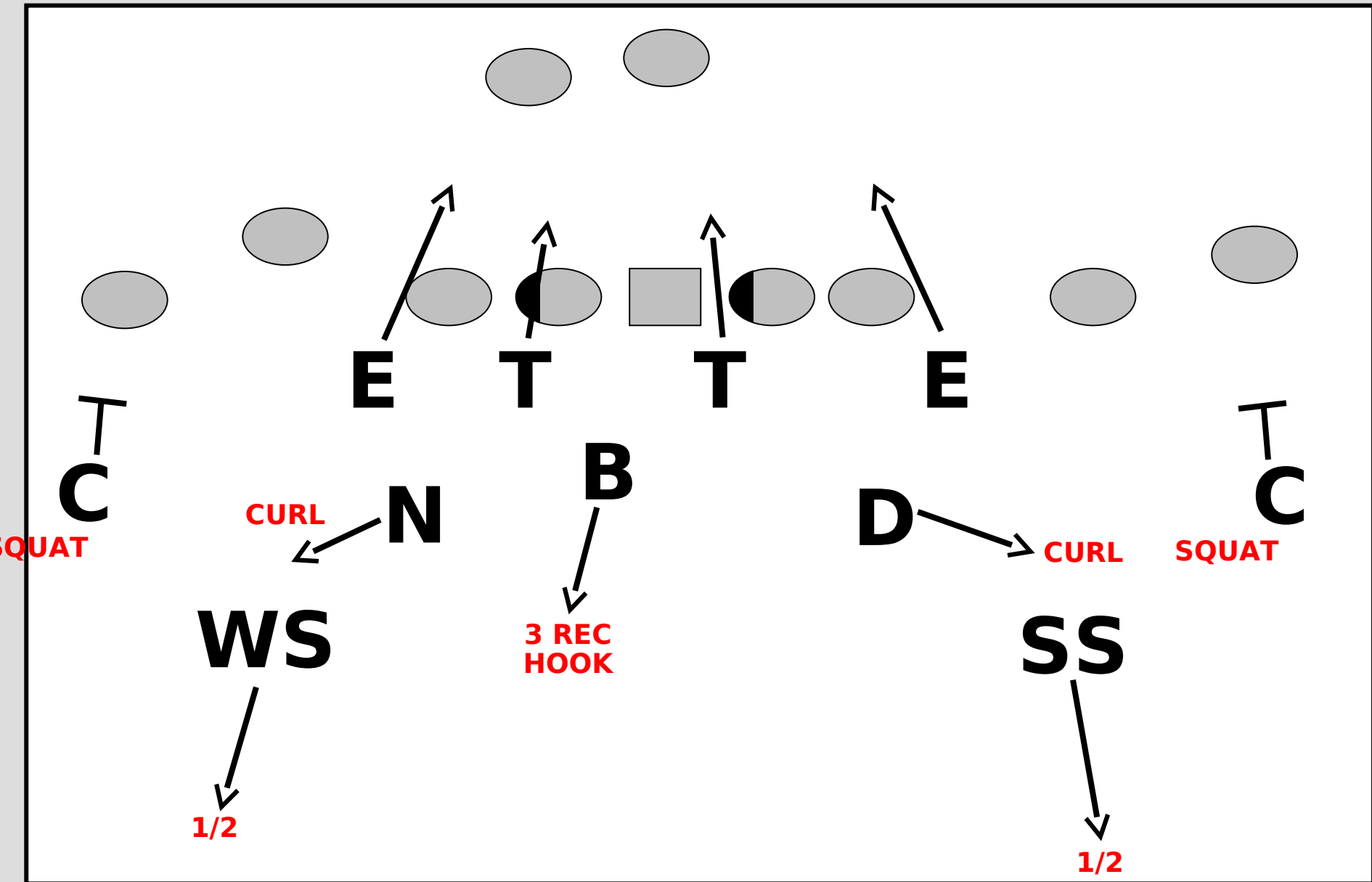


# BASE INVERT ALIGNMENT

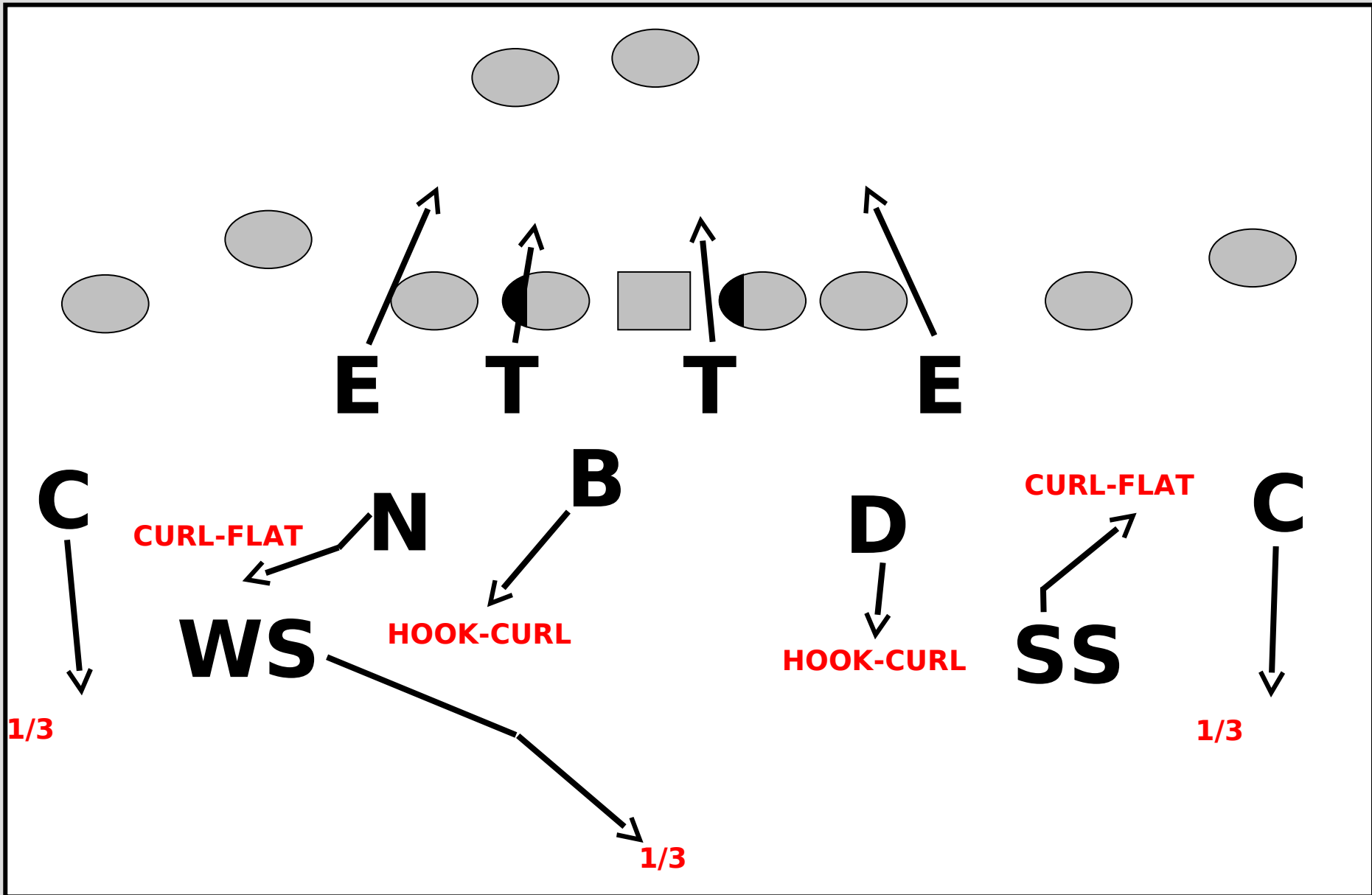
(vs. BACK at HOME)



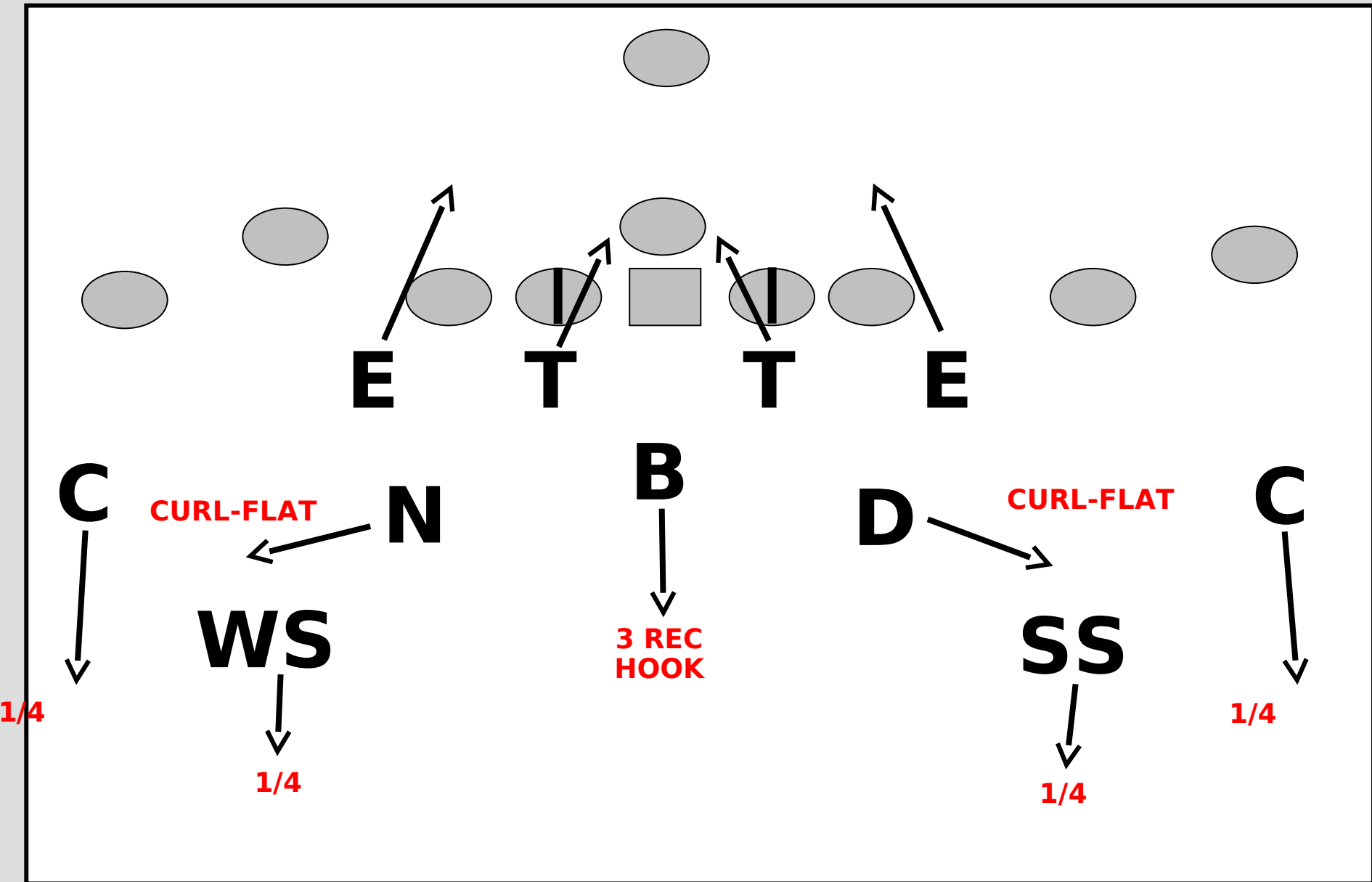
# INVERT 2



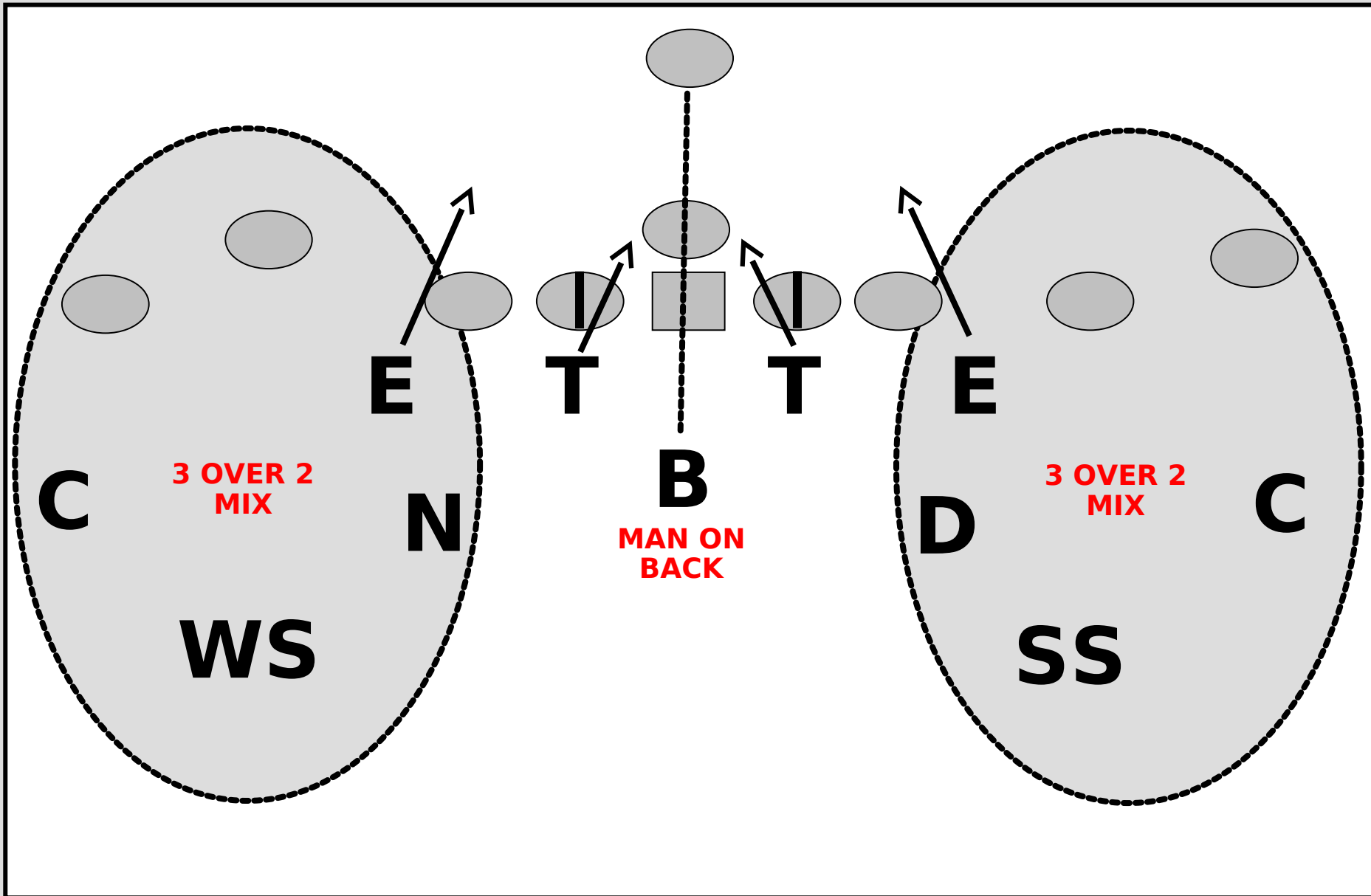
# INVERT 3



# INVERT 4

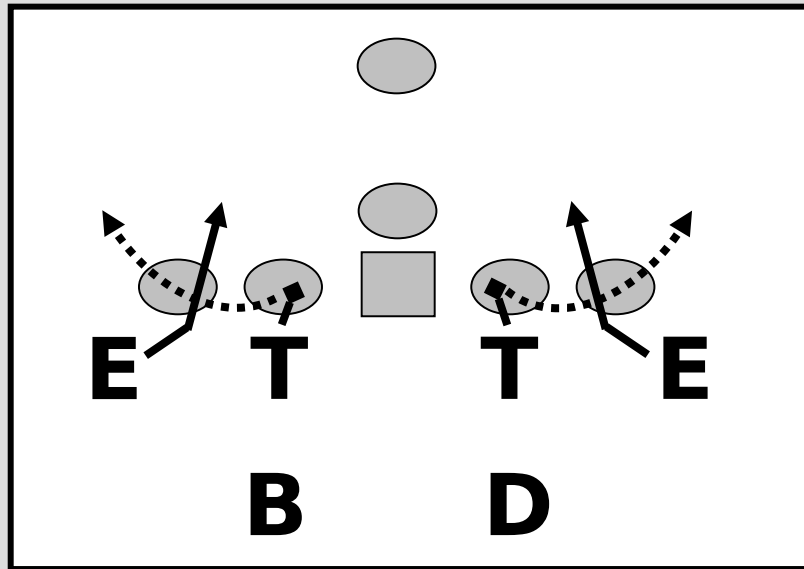


# INVERT MIX



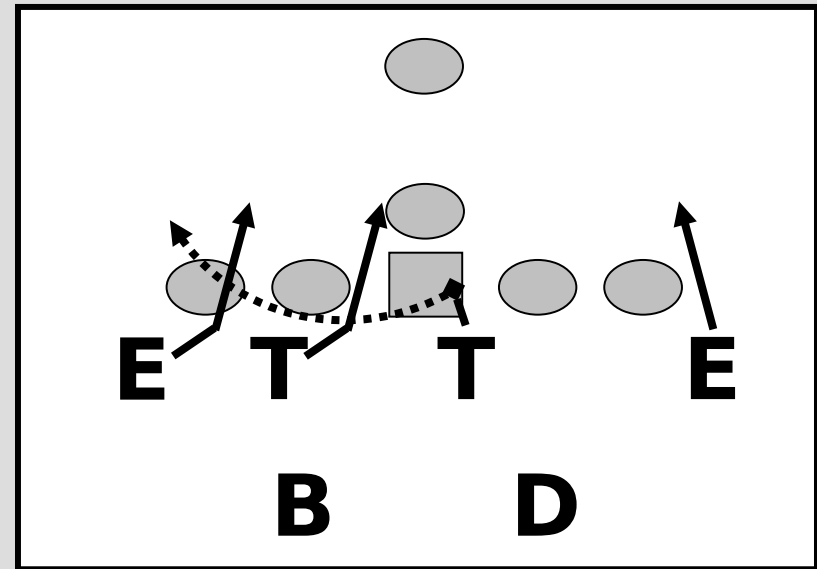
# RUN STUNTS

Must have ways to force bounce-out to perimeter defenders vs. SPREAD run game



## STIR

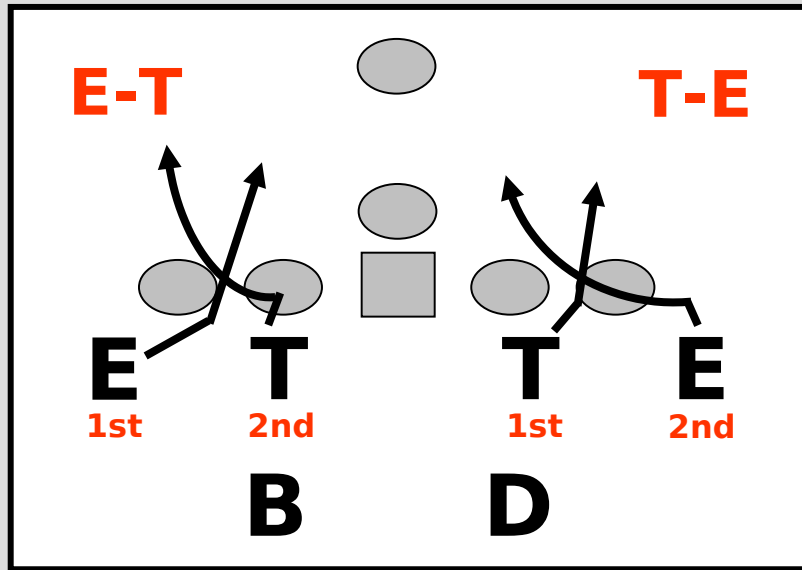
- ✓ Both Ends - JAM technique
- ✓ Both Tackles - squeeze A, read out vs. Flow To
- ✓ Tackles use Ends as natural pick
- ✓ LB's anticipate ball spilling out



## KNIFE

- ✓ Closed End & DT - JAM technique
- ✓ Open DT - squeeze A, read out closed side
- ✓ Open DE - ED (Base 5) technique
- ✓ LB's anticipate ball spilling out closed

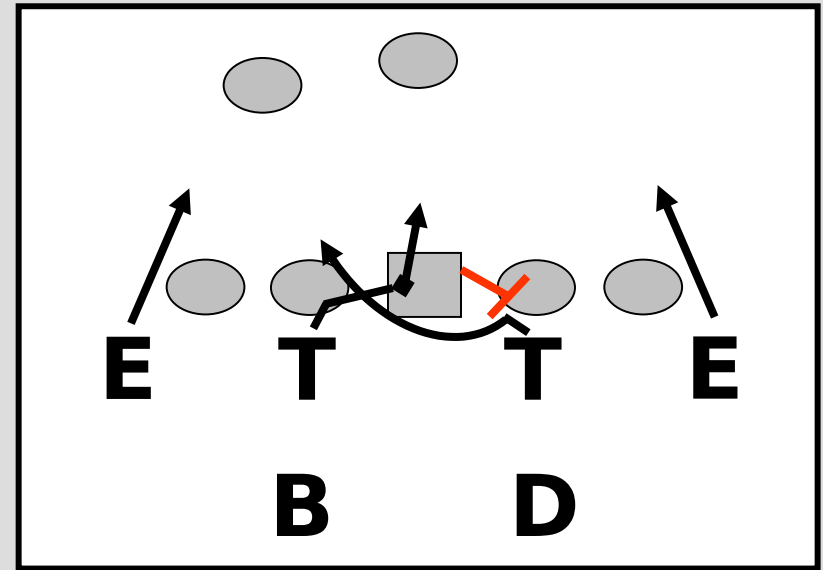
# PASS RUSH GAMES



## T-E or E-T

- ✓ E-T = End 1st, DT 2nd
- ✓ T-E = DT 1st, End 2nd

*vs. GUN, E can sell upfield*  
*vs. QB under C - go right now*

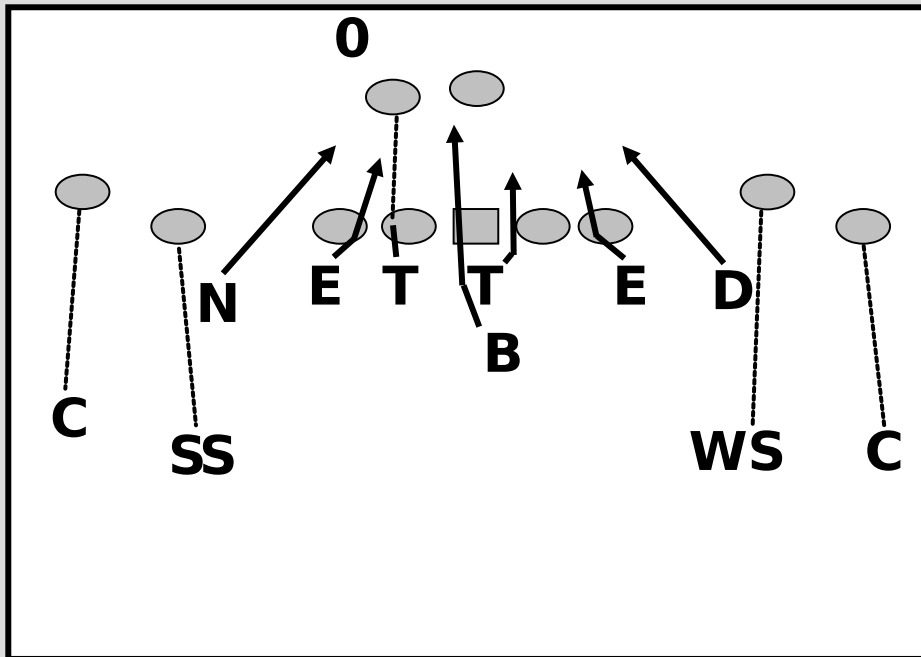


## TOM

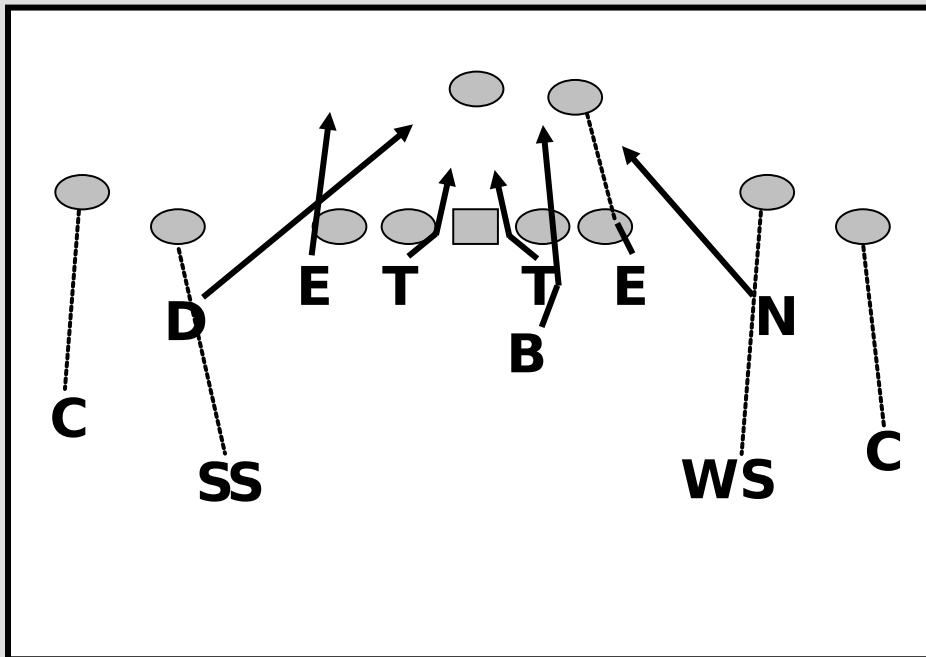
- ✓ Both DT's read the C
- ✓ DT away from sliding C will pick, then work upfield
- ✓ DT to the sliding C will wrap around
- ✓ If C straight back, furthest DT up the field penetrates and the DT wraps around

# SUB COVER 0 PRESSURES

## SCHOOLYARD



## ALL OUT 0



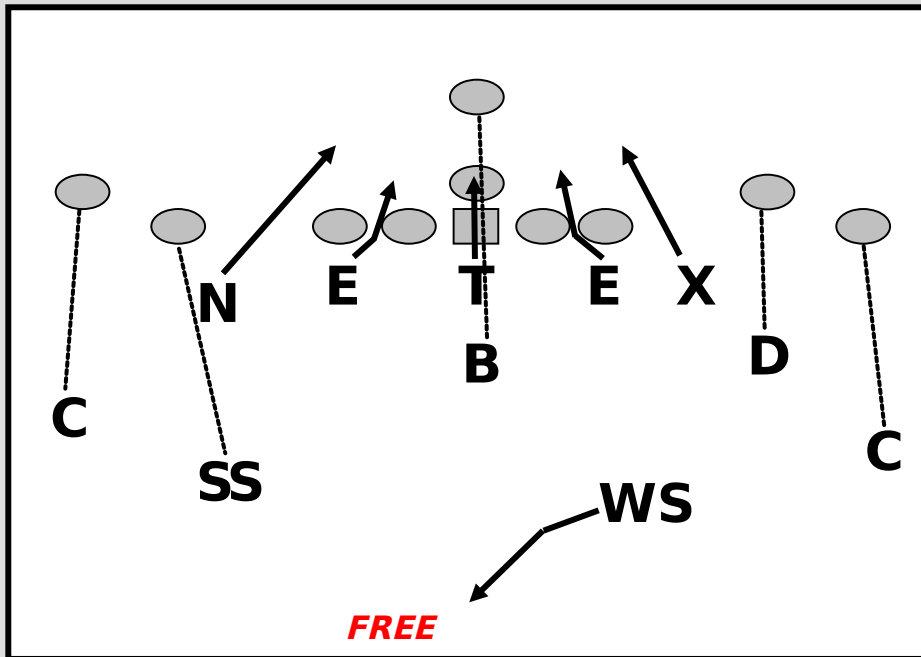
## COACHING POINTS

- ✓ Have sound Match Up rules (Corners Over)
- ✓ Don't show too early - but be in a position to do your work
- ✓ Anticipate the "Hot" or quick throw
- ✓ Play off in Cover 0 (Flat foot technique) - ball is coming out quick!

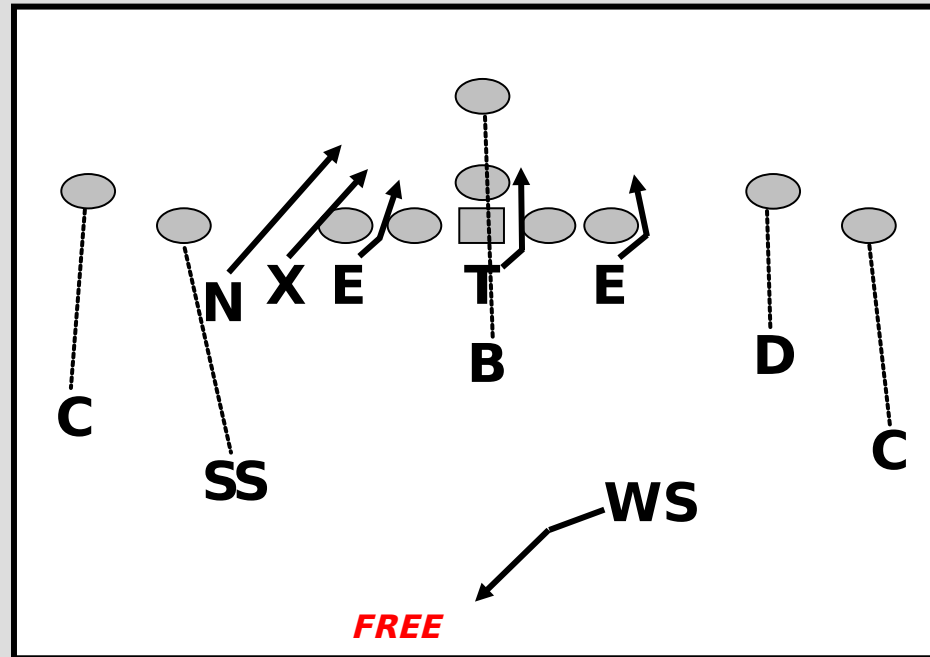


# SUB COVER 1 PRESSURES

## 3-2 KINGS 1



## 3-2 KINGS OPEN 1

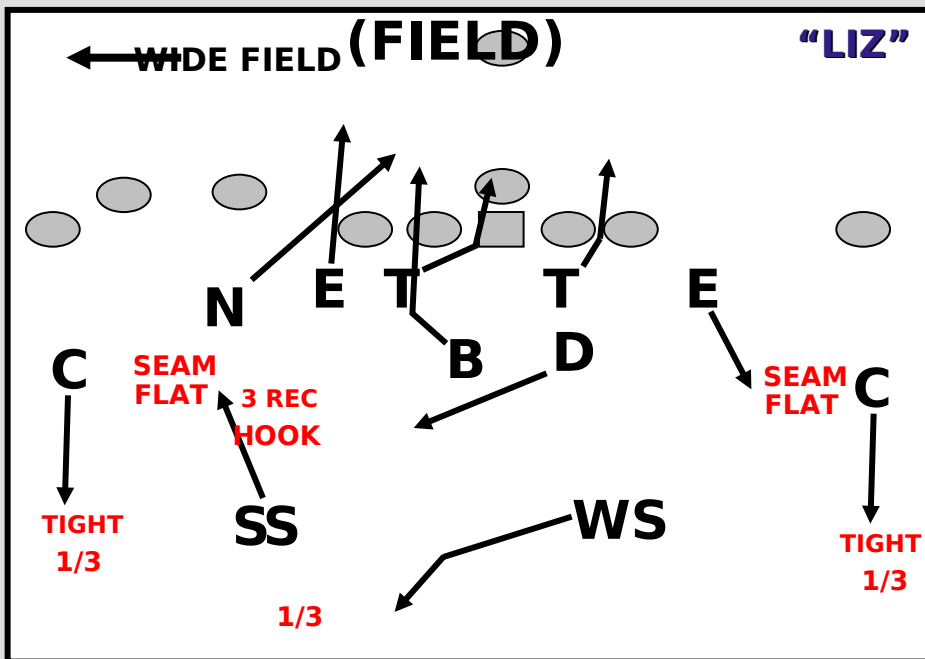


## COACHING POINTS

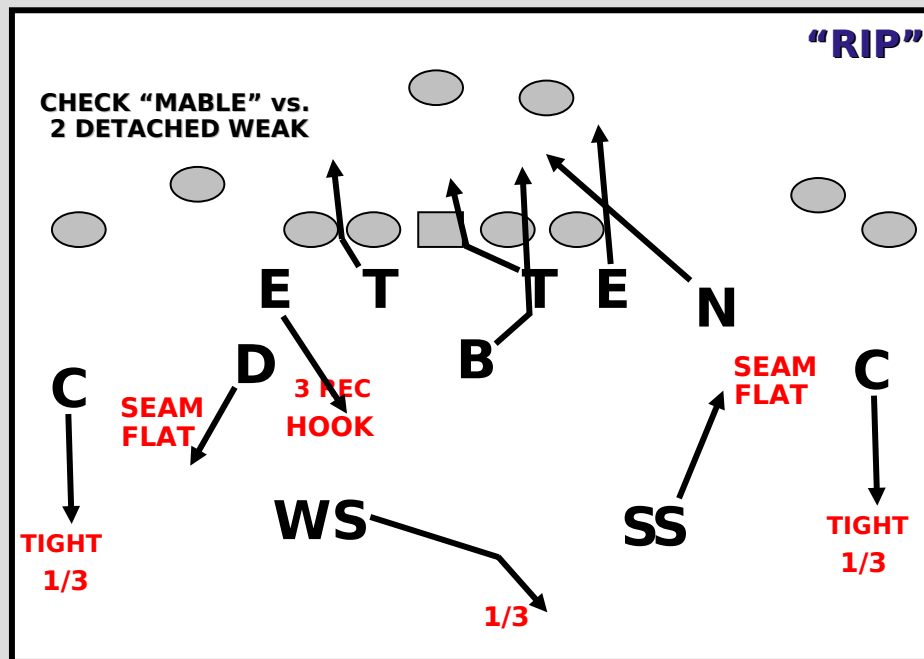
- ✓ Have sound Match Up rules (Corners Over)
- ✓ Don't show too early - but be in a position to do your work
- ✓ Anticipate the "Hot" or quick throw
- ✓ Coverage defenders know where your help is!
- ✓ With Centerfield help, can overplay outside routes
- ✓ Can use WS to double / bracket dominant receiver - 1X, 1Z, 1Y, 1H

# SUB FIRE ZONE PRESSURES

## FOX FZ



## BULL FZ



## COACHING POINTS

- ✓ Don't show too early - but be in a position to do your work
- ✓ Anticipate the "Hot" or quick throw
- ✓ Designate to FIELD, BACKS (TO & AWAY), PASS STRENGTH, INDIVIDUAL, R/L, etc.
- ✓ Set up based on scouting report -- tendencies